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ONE SIMPLE TOOL

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THE  
PROCESS

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dieting  
doesn't  
work!

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Champion

**Andreia  
Brazier**

HOW DID  
SHE GET  
THAT BODY?  
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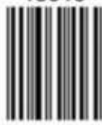
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MY GOALS. MY JOURNEY. MY NUTRITECH.

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WORKOUT,  
DIETARY  
FRAMEWORK AND  
SUPPLEMENT  
PLAN**



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**MISS SA  
XTREME  
COMPETITION**



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**ON THE COVER**  
Andreia Brazier  
**Photo by** Richard Cook  
**Dressed by**  
www.boostgymwear.co.za  
**Make-up by**  
Rene Ferreira







**TEAMCN**

**KIRSTEN AUGUSTYN**  
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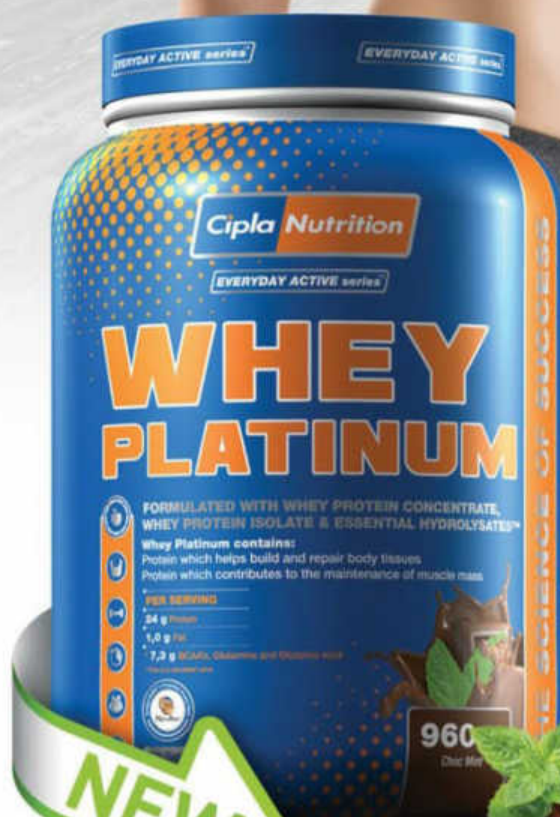
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# CELEBRATING 10 YEARS OF *fitness*

A decade ago local newsstands were lacking something credible; something dedicated to what was happening locally; something that offered relevant content to the local fitness industry, not just new research on ab crunches and sweatpants. That's when, two years into the publishing business, we decided to create what would become our flagship magazine title, *fitness* mag.

Working from the experience (and later success) we gained in niche publishing with our first magazine, Muscle Evolution, we sourced and produced South Africa's first truly independent fitness magazine. Sure, other mags paved the way to health, sport and fitness reporting, but nobody was producing content that was 100% local and relevant. Furthermore, it seemed nobody was talking about the real hard work and dedication required to get the right results.

As publishing goes, it was tough. Gaining support from advertisers and readers alike took time. However, we stuck with it and soon we had two incredibly successful titles.

Others in the industry saw what we were doing and tried to get a piece of the action, all wanting a slice of the pie that was fast becoming the booming health and fitness industry we know today, especially in the earlier years. These competitor magazine titles came and went but we remained, going from strength to strength as each year past.

Then, off of the back of the success of *fitness* mag we later launched our little brother title, *fitness* His Edition, now in its third year of publication. That was just one of the many ways we've evolved during this time to stay ahead of the trends, as one should, without losing our dedicated focus on our editorial pillars: training, nutrition, health and supplementation.

To celebrate this journey we take a nostalgic trip over the past 10 years (on page 70) both from a *fitness* mag and an industry perspective – a report on the “then and now” of fitness, nutrition, supplements, training and the ever changing bikini physique. We also catch up with three previous cover models, homegrown talents RiAnne Hall (Rautenbach) and Loretta de Moor, and international fitness sensation Jennifer Nicole Lee to find out more about their lives (and fitness careers) and the

evolution of their training and nutrition.

With that trip down memory lane we then turn our attention back to the here and now... the reason you bought this magazine and why you're reading this letter. There is a popular saying that states “summer bodies are built in winter” and it's spot on. Hopefully you've heeded this advice and have invested the time and effort in the gym and in the kitchen over the winter months to lay the groundwork for your ultimate summer physique. Now you're tasked with the final phase of your beach-ready transformation because, ultimately, bikini bodies are sculpted in spring! Turn to page 42 for a comprehensive four-week bikini body workout and nutrition guide.

And, as always, there's also a lot more in the mag to help you achieve the body you've always wanted, the type of bodies we've helped to build over the last 10 years. We sincerely hope that you'll join us on our journey over the next 10.

Enjoy this issue,...

Tanja

## TOP PICKS IN THIS ISSUE:



**PG 42 4-week bikini shape up plan:**  
In this 4-week shape up guide you'll get everything you need to build that summer body.



**PG 86 Landmine workout:**  
One simple exercise tool that delivers an explosive workout!



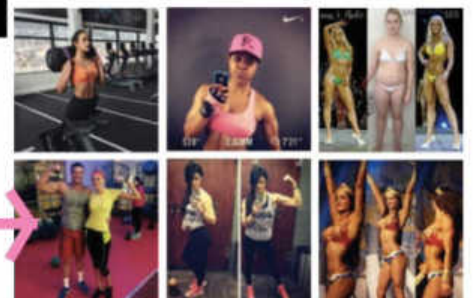
March/April 2006  
Loretta de Moor

“THE WILL TO PERSEVERE IS THE DIFFERENCE BETWEEN FAILURE OR SUCCESS”

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**Check out page 66**




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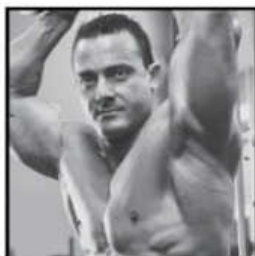
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# NATURE'S SUPER DRINK – COCONUT WATER:

## Forget super foods, coconut water, is nature's super drink. The facts show that:

- It takes a coconut about one year to ripen on the tree.
- Coconut water is drawn from the unripened drupes when they are 6-7 months old, which is when the liquid is at its greatest volume, most appetising and nutrient-dense.
- Coconut water is a natural isotonic drink.
- Coconut water is virtually fat-free, with less than 2.2g of natural sugar per 100ml.
- Coconut water contains a blend of essential electrolytes so similar to human blood plasma, that it was used in transfusions in the past as an intravenous fluid alternative.
- The pure liquid from young, green coconuts offers trace elements such as selenium and manganese, as well as vitamins C and B.
- Coconut water is packed with amino acids, enzymes and plant growth hormones known as cytokinins, which are said to have anti-ageing properties.
- Coconut water is soothing on the entire digestive system and is used as an antidote for nausea, heartburn, acid reflux, constipation and diarrhoea.

Recently launched in South Africa, CocoZone offers 100% pure coconut water, tetra-packed at the source – a single origin plantation farmed without the use of chemicals. Visit [www.cocozone.com](http://www.cocozone.com) for more info.



## KAUAI TO OFFER "REAL FOOD"

Kauai recently unveiled a new corporate identity that includes a new look and feel at store level, and a new menu that is packed full of "real food" that has no additives, preservatives, artificial colourants and flavourants.

The changes were revealed at the opening of the new concept store situated in The Zone @ Rosebank. The new open kitchen means customers can engage with the Kauai staff as they are preparing their fresh and healthy creations. The 'customise it' or 'build your own' counter offers a wide variety of the best seasonal and locally sourced ingredients, to give

customers a 'nutritional theatre' experience. In addition to the signature salads and wraps, customers are encouraged to experiment and create their own wraps, salads and bowls. Kauai has committed to maintaining a supply chain that supports farmers. Menu changes will be implemented across all stores by October 2015. For more info visit [www.Kauai.co.za](http://www.Kauai.co.za).

## 10 tips for a healthy gut

A healthy gut is critical for good health as it promotes normal gastrointestinal function, protects against infection, regulates metabolism and comprises over 75% of our immune system. An unhealthy lifestyle, chronic stress, excessive use of antibiotics and bad nutrition all contribute to an unhealthy gut and poor immunity, says nutritional consultant, Vanessa Ascencio ([www.vdanutrition.com](http://www.vdanutrition.com)).

**This may contribute to the development of various health maladies and conditions. She recommends 10 tips for a healthy gut:**

1. Chew food properly.
2. Follow an anti-inflammatory diet and avoid all food toxins.
3. Avoid sweetened and spicy foods.
4. Eat fermented foods.
5. Avoid coffee.
6. Take a high quality probiotic.
7. Combine foods and leave at least four hours between meals for optimal digestion.
8. Don't eat late at night.
9. Get eight hours sleep a night.

10. Take Spirulina, such as nature-based multi-nutrient Marcus Rohrer Spirulina.





## 5 REASONS TO POP MORE PUMPKIN SEEDS

Pumpkin seeds are nutritional powerhouses wrapped up in a very small package. **They contain:**

- 1 Magnesium:** One-quarter cup of pumpkin seeds contains nearly half of the recommended daily amount of magnesium, which is needed for a wide range of vitally important physiological functions.
- 2 Zinc:** Zinc supports immune function, cell growth and cell division, improves sleep, and enhances mood and your senses of taste and smell. This mineral is also integral for eye and skin health, and insulin regulation.
- 3 Plant based omega-3 fats:** Pumpkin seeds are a great source of plant-based omega-3s, which are essential for good health. They play a key role in brain function, heart health and reducing inflammation in the body.
- 4 Antioxidants and fibre:** These may provide benefits for heart and liver health, particularly when mixed with flax seeds.
- 5 Tryptophan:** This amino acid is converted into serotonin which, in turn, is converted into melatonin, the "sleep hormone." Eating pumpkin seeds a few hours before bed could therefore promote a restful night's sleep.



Pouyoukas pumpkin seeds and various recipes are available from [www.pouyoukas.co.za](http://www.pouyoukas.co.za).



### CLICKS OFFERS SMARTBITE FOODS

Clicks has launched Smartbite Foods, a new range of specially selected raw foods, ingredients and grocery products that are beneficial for a healthy lifestyle. The range caters for specific preferences, requirements, allergies and intolerances. Options include gluten-free; Banting-friendly; high fibre and sugar alternative products, all of which are colour coded for easy reference.



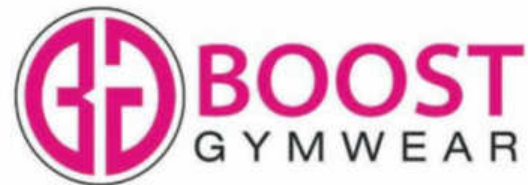
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## GET ACTIVE

A 17-year study that tracked 77,462 women has found that those who spend a lot of their leisure time sitting may be at increased risk of multiple myeloma, breast and ovarian cancers. The study published recently in *Cancer Epidemiology, Biomarkers, and Prevention*, found that 12,236 women developed cancer during the study.



## HEALTH BENEFITS OF A COLD SHOWER:

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- Increases metabolism.



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For more info go to [www.dg-apparel.net](http://www.dg-apparel.net). Wholesale enquiries can be sent to [dax@daxmartin.com](mailto:dax@daxmartin.com) or [gayle@daxmartin.com](mailto:gayle@daxmartin.com).



## BECOME A FITMAMA AT VIRGIN ACTIVE

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have been scientifically designed in conjunction with health and fitness expert and educator Lee Archer from the Institute of Fitness Professionals. Every class ensures that women can exercise safely for the duration of their pregnancy, and up to one year postnatally. FitMama combines small sessions with highly qualified instructors to provide the perfect environment to maintain optimal fitness during pregnancy. Specially designed to incorporate strength and functional movements, FitMama will help women accommodate the changes that occur to their centre of gravity, and will help them manage and carry the increased mass at the front of their bodies. This not only helps to maintain their functional movement capabilities, it also minimises the negative side effects of



pregnancy, like lower back pain. The added benefit is that FitMama also has a positive effect on your growing baby. It has been documented that the babies of pre-natal exercisers have more efficient hearts than those of non-exercisers and this elevated cardiovascular fitness level seems to last into childhood.

*Virgin Active club members can book a class by simply visiting the 'shop' section on [www.myvirginactive.co.za](http://www.myvirginactive.co.za) or speak to a fitness instructor at Virgin Active to find out more.*



## Spot on



Research from the University of Pennsylvania in Philadelphia found that smartphones were more accurate than fitness bands. The study, published in the *Journal of the American Medical Association*, found that smartphones had an average range of error of 6%. In contrast, the fitness bands tested had a margin of error that varied from 1.5-22.7%.

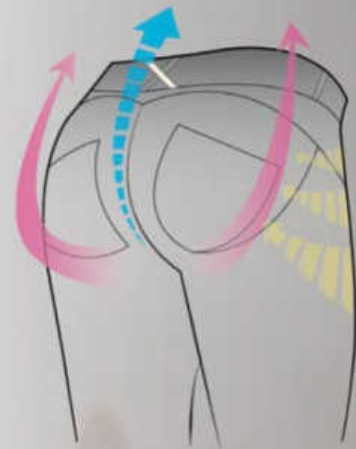
## Food for thought

A study at Oregon State University indicates that both a high-fat and a high-sugar diet, compared to a normal diet, cause changes in gut bacteria that appear related to a significant loss of "cognitive flexibility," or the power to adapt and adjust to changing situations.

Source: [www.sciencedaily.com](http://www.sciencedaily.com)



**WR.UP**  
*FITS BETTER.*



**FREDDY**

Contact [hello@freddysa.co.za](mailto:hello@freddysa.co.za), 011 463 6181

Stores JHB: Shop 45 Bryanston Shopping Centre, Cnr William Nicol and Ballyclare Drive

Shop 26 Dainfern Square, Cnr William Nicol and Broadacres Avenue

Stores CPT: Coming soon...

[www.freddy.co.za](http://www.freddy.co.za)



Freddy South Africa



Freddy\_SA



## BOOTY-BARRE NOW IN SA

The global exercise phenomenon, Bootybarre is now available in South Africa. This fun, energetic workout fuses techniques from dance, Pilates, and yoga to tone, define and chisel the whole body. It delivers a combination of strength and flexibility with an added cardiovascular element utilising the barre. Instructors focus on proper biomechanics for a safe and well structured class that can be modified for any fitness level. Bootybarre was created by celebrity trainer Tracey Mallett in 2009 and is now available in over 25 countries. Bootybarre classes are available at Blu Core Pilates.

For more info visit [thebootybarre.com](http://thebootybarre.com) or [www.blucorepilates.co.za](http://www.blucorepilates.co.za).

## VIRGIN ACTIVE FUSES DANCE WITH FITNESS

LOSE YOURSELF IN THE MUSIC AND MOVE IN THE NEW 'JUST DANCE' CLASSES INTRODUCED AT VIRGIN ACTIVE.



Designed exclusively for the health chain by Elvina "Vee" Sylvester Da Silva of The Rhythm Factory, the high energy 55-minute class will help burn around 400 calories while you tone and groove. Just Dance is all about urban-inspired music and movement. It is made up of simple dance move combinations to accommodate all

fitness levels but the overall aims are to get you toned, agile, fit and improve co-ordination. A fusion of a variety of dance styles are used, from hip hop, urban funk, street jazz and reggae, to afro-fusion and a touch of latin.

To learn more or confirm if your health club is one of the 52 currently offering Just Dance visit [www.virginactive.co.za](http://www.virginactive.co.za).



## APP OF THE MONTH



## FIT.NET TRAINER

Billed as the 'video fitness trainer', this app uses your device's camera to deliver personalised fitness instruction and guidance. As you follow workout videos from qualified personal trainers, the Fit.net app uses the camera on your smartphone or tablet to analyse your 'synchronicity' with the trainer and users are provided with real-time feedback on their performance. The app's seven-day planner gives users the ability to easily build a workout schedule at the most convenient and realistic pace to reach personal fitness goals. Workouts can be as short as five minutes.

Free on iTunes for iOS devices and Google Play for Android devices.

**Upcoming COURSES EARN CPD POINTS**

**JULY**

- Life Coaching (Inner Life Skills) (JHB)
- Personal Trainer (JHB, KZN, CPT)
- Exercise Specialist (JHB, KZN, CPT)

**AUGUST**

- Functional training specialist (JHB)
- Sports Massage (JHB, KZN)
- Kids Development (JHB)
- Sports Conditioning with SAQ (JHB, CPT)
- Studio Cycle (JHB, CPT)
- Pre and Post Natal Exercise (CPT)

**SEPTEMBER**

- Aqua Instructor (JHB, CPT)
- Group Fitness Instructor (JHB, KZN, CPT)
- Pre and Post Natal Exercise (JHB)
- Kettlebell Instructor (KZN)
- Studio Cycle (KZN)
- Kids Development (CPT)
- Reboundology Trainer (CPT)

**OCTOBER**

- Pilates ABC (JHB, CPT)
- Kettlebell Instructor (JHB)
- Yoga Muscles and Motion (JHB, CPT)
- Kids Development (Durban)
- Sports Conditioning with SAQ (KZN)
- Pre and Post Natal Exercise (CPT)
- Fighting FITT (CPT & JHB)

## TOP READS THIS MONTH

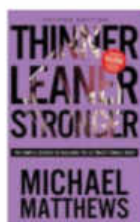
### THINNER LEANER STRONGER: THE SIMPLE SCIENCE OF BUILDING THE ULTIMATE FEMALE BODY

Kindle Edition

By Michael Matthews

If you want to achieve a toned, lean and strong body as quickly as possible without crash dieting or good genes, and you're tired of wasting your time and money then this book from best-selling author Michael Matthews is for you, regardless of your age.

[www.amazon.com](http://www.amazon.com) \$9.99



### FITNESS AFTER 40: YOUR STRONG BODY AT 40, 50, 60, AND BEYOND

Kindle Edition

By Vonda Wright

As we age, our bodies change but that doesn't have to impact on our fitness. We may not be teenagers any more, but if we exercise smarter we can remain youthful, energetic and strong. Dr Vonda Wright is the creator of a unique exercise programme tailored to the needs of mature athletes. Now in its second edition, the book includes targeted "20 Minutes to Burn" workouts, a six-week total-body plan, and new information on nutrition, injury prevention, joint preservation, the mind-body connection and more.

[www.amazon.com](http://www.amazon.com) \$20.46



### IT STARTS WITH FOOD: DISCOVER THE WHOLE30 AND CHANGE YOUR LIFE IN UNEXPECTED WAYS

Kindle Edition

By Melissa Hartwig and Dallas Hartwig

"It Starts With Food" outlines a clear, balanced, sustainable plan – the Whole30 – to change the way you eat forever. Summarising the science in a simple, accessible manner the book reveals how specific foods may be having negative effects on how you look, feel and live. It also outlines a life-long strategy for eating good food in a clear and detailed action plan designed to help you create a healthy metabolism, heal your digestive tract, calm systemic inflammation, and put an end to unhealthy cravings, habit, and relationships with food.

[www.amazon.com](http://www.amazon.com) \$9.99





# Personal Online Health Fitness and Lifestyle Coaching for Women

**Ultimate Woman** is a personal online health, fitness and lifestyle website to help coach women specifically on how to adjust their lifestyles to ensure that they are losing weight and look amazing!

**Loretta de Moor** (Two times Miss Bikini SA) is a personal online trainer and life coach, personally guiding women every step of the way. (Monthly WORKSHOPS at Craighall Planet Fitness - see website for details)

## Lifestyle Packages

**R500 P/MONTH**



**3 MONTH SIGN-UP.**  
R500 p/month.  
Once off registration fee of R250 and receive a FREE GIFT!

**6 MONTH SIGN-UP.**  
R500 p/month.  
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AND CHANGE YOUR LIFE!



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WOMAN

[www.ultimatewoman.co.za](http://www.ultimatewoman.co.za)  
[info@ultimatewoman.co.za](mailto:info@ultimatewoman.co.za)

## NIKE ZOOM AIR

Nike Zoom Air provides responsive low-profile cushioning that athletes can feel. Nike has worked with some of the world's fastest athletes to develop Zoom Air footwear to meet the needs of runners at all levels. The snappy responsiveness of Zoom Air cushioning comes from tightly-

stretched tensile fibres woven inside a pressurised Nike Air unit. When the athlete's foot touches down the fibres compress to cushion the impact before quickly snapping back to their original state, generating an explosive, powerful response off the ground. The Nike Air Zoom

Elite 8 is the lightest of the Zoom training family. The 8mm offset puts runners closer to the ground for more control, and a sleek upper combines Nike Flywire technology, no-sew overlays and lightweight mesh for a supportive, breathable fit. View the full range at Nike.com.

## HOT & FIT FASHION

HOT & FIT HAS GOT WHAT ACTIVE INDIVIDUALS ARE LOOKING FOR - TWO FITNESS-WEAR BRANDS THAT OFFER GREAT QUALITY AT AFFORDABLE PRICES, AND FIT THE UNIQUE BODIES OF SERIOUS GYM-GOERS. THE POPULAR LABELLAMAFIA RANGE CATERES TO THE LADIES AND HOT BODZ FOR MEN. THE LABELLAMAFIA CLOTHING RANGE OFFERS GREAT DESIGNS THAT WILL KEEP WOMEN INSPIRED AND MOTIVATED TO TRAIN AND REACH THEIR GOALS.

The Hot Bodz range delivers style, passion and perfection for men looking for training gear that looks and fits great. This menswear company also makes high fashion clothing designed specifically for the bodybuilder and the elite athlete - polished pieces with rebellious touches; classic shapes with modern details; masculine styling with a provocative edge. Offering over 150 trendsetting designs the Hot Bodz range includes everything from upscale dress shirts and body-contouring shirts to stylish, functional workout clothing.

For more info visit  
[Hot-Fit-Store on Facebook](https://www.facebook.com/Hot-Fit-Store)  
Available from Hot & Fit,  
Tel: 0823459978.



## NO SUN GRADUAL MOISTURISING TAN CREAM

Sunless tanning from No Sun, in association with Brand Root Distribution, present the new international award-winning product No Sun Gradual Moisturising Tan Cream (150ml). This non-oily self-tanning cream contains calendula oil and a unique set of active ingredients to ensure a natural and beautiful all-over tan that is safely absorbed by the skin for overall skin nourishment. Those seeking an instant tan can use No Sun Dark Self Foaming Instant Tan Foam (150ml). This product is water soluble allowing for quick absorption and drying. The choice of shade can be controlled by reapplying as required. The unique foam applicator and non-streaking formula will deliver the best results, along with a pleasant fragrance. For more info visit [www.nosun.co.za](http://www.nosun.co.za), email [sales@nosun.co.za](mailto:sales@nosun.co.za) or call 071 422 7319.



*fitness mag readers get 10% off all No Sun Tan products purchased during September 2015. Simply email the following details: the store where you purchased your magazine and the page number where this offer appears to qualify. \*T&Cs apply*

## FITPRO COURSE DATES



### CAPE TOWN

- **15 September** - Personal Fitness Trainer Course
- **22 September** - Pilates Mat Course
- **7-8 October** - Exercise & Pregnancy
- **23 October** - Sports Massage

Visit [www.fitpro.co.za](http://www.fitpro.co.za) for more info or email [fitnesspro@fitpro.co.za](mailto:fitnesspro@fitpro.co.za) for bookings.



## EVENTS CALENDAR

**ISUZU MTB FESTIVAL**

The Isuzu MTB Festival will debut at the picturesque Meerendal Wine Estate in Cape Town in September. Offering the ideal family weekend, the festival celebrates all things mountain bike related.

**VENUE:** Meerendal Wine Estate, Western Cape

**DATE:** 5-6 September 2015

**EVENTS:** 60km, 35km & 15km Fedhealth MTB Challenge, Enduro Ride, 5km Team Relay, Off-Road 4x4 Academy Experience & Demo, skills coaching session and Fedhealth Kids' Events (500m, 1.5km and 5km)

For more info or to enter visit [www.stillwatersports.com](http://www.stillwatersports.com) or email [entries@stillwatersports.com](mailto:entries@stillwatersports.com).

**HOLLARD JOZI URBAN RUN ADVENTURE**

From the creators of the Hollard Jozi Urban MTB Adventure (JUMA) comes a new urban running experience. Combining the best parts of trail running, adventure racing and obstacle courses, the Hollard Jozi Urban Run Adventure (JURA) will take advantage of the pre-existing infrastructure of the 22km JUMA.

**VENUE:** Marks Park, Johannesburg

**DATE:** 5 September 2015

**DISTANCES:** 6km, 12km and 22km

For more info visit [www.juma.co.za](http://www.juma.co.za).

**2015 IMPI CHALLENGE**

A trail run with a twist, the Impi Challenge has five categories to choose from and is ideal for entrants of all ages. Family and friends can also share in the excitement without getting dirty. Entrants are encouraged to let creativity reign in the best dressed competition.

**VENUE:** Van Gaalen's Cheese Farm, Hartbeespoort, North West Province

**DATE:** Thursday, 24 September 2015

**EVENTS:** Challenge (10km, 18 obstacles), Dash (5km, 12 obstacles), Mini (1km with smaller supervised obstacles), Elite (18-20km, 25 obstacles), Corporate (10km)

For more info email [info@impichallenge.co.za](mailto:info@impichallenge.co.za) or visit [www.impichallenge.co.za](http://www.impichallenge.co.za).

**THE VIRTUOSITY GAMES 15.5**

This will be the launch event of the new season with new WODs. The Virtuosity Games is hosted together with a different CrossFit box every 6-8 weeks. Workouts (WODs), designed by Julian Reichman from CrossFit Platinum, combine traditional CrossFit benchmark WODs into a team WOD which the athletes can use to measure their level of fitness. The WODs are repeated several times over a season to allow an athlete to track their performance over time. The last event at CrossFit 360Vida in Fourways saw 40 teams of 3 athletes complete a 30-minute WOD.

**WHEN:** 5 September 2015

**WHERE:** CrossFit Platinum, Linden

Registrations are online at [www.virtuosity.co.za](http://www.virtuosity.co.za).

**FRESHPAK FITNESS FESTIVAL**

The Western Cape's largest multi-sport festival is back for its 29th year. The annual Freshpak Fitness Festival offers various swimming, cycling and running challenges. Participants can compete individually or as part of a team. There is also a FitKids challenge.

**VENUE:** Clanwilliam, Western Cape

**DATE:** Saturday, 3 October 2015

**EVENTS:** 1.5km or 3km swim, duathlon (5km run/20km cycle/2.5km run), biathlon (5km run/20km cycle) and triathlon (800m swim/20km cycle/5km run)

For more info visit [www.freshpakfitnessfestival.co.za](http://www.freshpakfitnessfestival.co.za).

**CAPE CLASSIC STAGED CYCLE TOUR**

The Cape Classic 380 is a three-day cycling event for amateur enthusiasts who want to either kickstart their cycling season or use it as training for the Double Century or Ironman.

**VENUE:** Montagu, Western Cape

**DATE:** 6-8 November 2015

For more info visit [www.capeclassic.info](http://www.capeclassic.info).

**METROPOLITAN HOPE HIKE**

The annual Metropolitan Hope Hike offers various options suitable for the entire family. The event, held in World Mental Health Awareness Month, is an annual initiative by the Ithemba Foundation that aims to raise awareness around depression and break the stigma attached to the disease. By taking part in the hike you help to raise funds for research into clinical depression.

**VENUE:** D'Aria Estate, Cape Town

**DATE:** Sunday, 11 October 2015

**VENUE:** Van Gaalen's Cheese Farm, Hartbeespoort, North West Province

**DATE:** Sunday, 25 October 2015

**DISTANCES:** 3km, 5km or 10km

Enter online at

[www.iqela-events.co.za/hopehike](http://www.iqela-events.co.za/hopehike).







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Live a sexier life

BY DANI WATERSTON, MA (Research Psychology), BA (Hons) Psychology and Consulting Nutritionist

# IS IT TIME FOR A RE-FEED?

**WHEN WE EMBARK ON A DIET MANY OF US UNKNOWINGLY CREATE A PARADOXICAL SITUATION.** We all know that to lose weight we must adopt a strict, structured, calorie-controlled eating regimen and that we cannot deviate from it. **We cut out junk food and consistently eat the same 'clean' foods to achieve weight-loss success.**

**A**nd yes, this is all correct. However, and this is the spanner in the works, this rigidity can limit the effectiveness of our diets when it comes to weight loss. By consuming the same amount of calories every day we effectively start to reduce the production of certain hormones, which can hinder our weight loss, and this approach to regimented calorie-counting can also reduce our metabolic rates.

So, how should one lose body fat while eating a clean and calorie controlled diet then? Most dieters would have, at some stage, experienced a 'plateau' in their weight loss journey, despite doing everything right. Fat loss happens when a calorie deficit is created. There are a few nuances to this statement, such as the role of insulin, but that is the basic premise. The most effective way to achieve this is by limiting our calorie intake through our diet, with exercise an additional, albeit less effective tool in this regard.

If a person wanted to lose half a kilogram per week they would need to create a 500 calorie deficit in their diet every day to achieve this goal. However, our bodies constantly seek equilibrium which means if this level of calorie consumption below baseline levels continues for extended periods of time our metabolism will slow. It's a survival mechanism to ensure we don't wither away completely.



**WHEN YOUR BODY RECEIVES MORE ENERGY (CALORIES) THAN IT NEEDS, LEPTIN LEVELS INCREASE SIGNIFICANTLY.**

At this stage you may experience lethargy or feel 'flat' with a lack of energy during training. Your cognitive capabilities may also take a dive and concentrating will require more effort. In addition to this, leptin levels, which control satiety and influence fat metabolism, also drop.

**IF YOUR WEIGHT AND FAT LOSS HAVE STAGNATED DESPITE YOUR BEST DIETING EFFORTS, IT'S PROBABLY TIME FOR A RE-FEED.**

At this point your body reaches a point where it becomes stagnant – the dreaded plateau.

This is the point where something needs to happen to reignite the fat-burning furnace.

Many think that dropping calorie intakes even further is a suitable solution, but that comes with a long list of potential problems.

The better option, however counterintuitive it may seem, is to eat more. Yes, if your weight and fat loss have stagnated despite your best dieting efforts, it's probably time for a re-feed: a conscious and planned increase in calorie intake that typically occurs when dieting.

Re-feeds can assist anyone at any stage of their diet. There are,

however, different strategies to follow depending on your body fat levels, muscle mass, and metabolic rate, among others.

Whatever approach you follow, this dietary manipulation tool assists individuals both physiologically and psychologically. Knowing that there is a planned re-feed on the horizon can improve adherence and reduce the need to 'cheat' or binge. In addition, it increases motivation as it stimulates the release of more dopamine, the 'feel good' hormone. These meals also fuel your body with the energy needed for intense training or racing while dieting.

However, the real magic of the re-feed lies in its ability to stimulate the release of leptin. When your body receives more energy (calories) than it needs, leptin levels increase significantly. This can have a beneficial effect on fat oxidation, thyroid activity, and one's mood.

Re-feeds are therefore a critical part of any successful diet plan; they ensure variety, ensure you don't deprive yourself; and they can help you reach weight-loss goals in a healthier manner. However, it is essential to have a re-feed strategy when using this approach to ensure that the process is constructive and beneficial.

**When planning a re-feed it is crucial to take into account the following points:**

**Body fat percentage:** This will determine how often you should include a re-feed. If body fat is high it is advisable to include a re-feed every two weeks to limit the impact it has on total calorie consumption – too many re-feeds can swing a deficit into a surplus. Those with a low body fat percentage can include re-feeds more often.

**Amount:** This depends on the length of time you've been dieting for and the intensity of your diet. This influences leptin levels as the more rigorous the diet, the lower your leptin levels and the more aggressive your re-feed needs to be.

**Glycogen:** The amount, type and intensity of exercise performed, as well as the macronutrient ratio of your calorie-restricted diet will determine the degree of glycogen depletion a person is in. Someone who is following a low-carb diet who exercises regularly and intensely will be more depleted than someone on a high carb diet who only exercises at a moderate intensity and/or for shorter durations. This impacts the amount of calories and the source needed for the re-feed.

**When you tackle a re-feed keep these food guidelines in mind:**

**Calorie goal:** Increase calories by 20-50% and limit the time you re-feed for.

**Food groups:** Leptin is most sensitive to carbs so eat carb-rich foods to boost production. This shouldn't be a sugar binge! Keep it healthy.

**Self-control:** Stop eating when you reach your calorie quota, otherwise it becomes a binge which is counterproductive.

## About the author:

Dani Waterston is a competitive Bikini athlete and fitness model, a USN and E-Fit brand ambassador, and a consulting nutritionist based at Body Couture. She also holds a master's degree in psychology. This combination of knowledge and experience has helped her create a foundation that enables her to understand health and fitness on a deeper psychological and emotional level.







## NUTRITECH CLA+3

NutriTech's new CLA+3 Lean Body Toner Drink Mix combines the benefits of CLA with a unique blend of garcinia cambogia, green coffee bean extract and raspberry ketone, in a refreshingly smooth raspberry flavoured drink. Designed as a lean body toner to assist your weight loss goals and suppress feelings of hunger, CLA+3 comes just in time to help you get in shape for the summer season. **Available now at all Chrome stores and selected Alpha Pharm Pharmacies and independent retailers.**

Visit [www.nutritech.co.za/cla3](http://www.nutritech.co.za/cla3).

## PHYTO PRO VANILLA CHAI PROTEIN SHAKE

With Phyto Pro pea protein isolate as a base, the addition of non-irradiated chai spice, a blend of non-GMO xylitol and stevia to sweeten, and pink Himalayan crystal salt to enhance trace-mineral balance, Phyto Pro's Vanilla Chai Protein Shake is a tasty, convenient, highly beneficial addition to anyone's supplement cupboard. The product also boasts a low carbohydrate formulation.



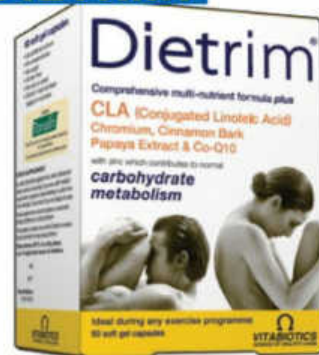
## SOLAL UBIQUINOL CO-Q10

Ubiquinol Co-Q10 is the active form of co-enzyme Q10 and is unique to Solal. It is absorbed eight times more efficiently and maintains blood Co-Q10 levels **66% better than ordinary Co-Q10, for optimal heart, brain and anti-ageing benefits.** Available at all leading pharmacies and health stores nationwide.

## VITABIOTICS DIETRIM

Dietrim® has been carefully formulated according to available nutritional science to work together with the body's own natural processes. It provides advanced dietary support with zinc, which contributes to normal carbohydrate metabolism, along with high concentration CLA to aid fat metabolism. The formula also includes vitamins B6, B12 and pantothenic acid, which reduce fatigue, in addition to thiamin (vitamin B1) and iron, which contribute to normal energy release.

Available from [www.vitabiotics.co.za](http://www.vitabiotics.co.za).



## NATIVA CALMAG COMPLEX

Nativa's CalMag Complex

contains ingredients that can assist the body to build and maintain healthy bones and teeth. It contains 500mg of calcium per dose, the highest quantity that can be absorbed by the body in one dosage. It also contains prebiotics, vitamin D3 and magnesium which helps the

body absorb calcium, as well as added minerals such as copper, manganese and zinc to help bone mineralisation. **Available from pharmacies, Clicks, Dis-Chem and selected national retailers. For more info visit [www.nativa.co.za](http://www.nativa.co.za).**



## PURE NUTRITION TECHNOLOGY PURE TRILEEN

Pure Trileen from Pure Nutrition Technology has been designed to support weight loss during healthy lifestyle changes that include an energy-controlled diet and regular exercise. Contains garcinia cambogia, a popular weight-loss aid

shown in peer-reviewed studies to increase satiety, and caffeine, another well-researched ingredient shown to support improvements in short-term energy levels which assists users in making the best of their exercise routine to fuel healthy weight loss.

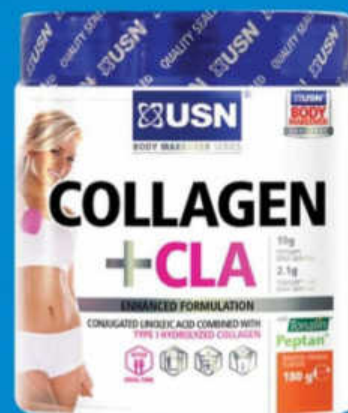


## USN COLLAGEN + CLA

USN recently launched Collagen + CLA, a delicious drink that includes 10g peptan type-I hydrolyzed collagen and 2.1g Tonalin conjugated linoleic acid (CLA) per dose. The research-backed benefits of these ingredients include collagen's ability to improve joint and connective tissue health, which includes skin, tendons, cartilage, ligaments

and bones, and collagen's anti-aging benefits. Tonalin®, the world's most researched form of CLA, helps reduce body fat by lowering the rate of lipid storage, while speeding up fat metabolism.

Available in a refreshing Naartjie-Orange flavour at independent pharmacies, Dis-Chem and selected Spar and Clicks stores.





# PUTTING DOWN THE KOOL-AID

## TIRED OF ALL CROSSFIT ALL THE TIME?

Take an active break to come back to the box hungrier than before.

**JOIN A CLUB:** The camaraderie and support from other athletes in the CrossFit box and competitive environment is one of the key attributes that gets people hooked. If you feed off those vibes then why not join a sporting club of some kind to keep that team spirit alive while you recharge away from CrossFit? There are so many options – running clubs, touch rugby, soccer, action netball and cricket, volleyball – so you're sure to find the right team and sport for you. The faster paced games will also test and improve your skills and agility.

**SELF DEFENSE:** Another great option is to get a few self defense classes under your belt. Krav Maga or MMA training offers some incredible full-body conditioning, and also helps you attain a few new skills.

**ARCHERY AND SHOOTING:** Archery is another option to test your fitness and develop skills. It might not be the high intensity training of CrossFit but it requires a good amount of strength and core stability, not to mention focus to become proficient at it. With a few archery ranges and some outdoor shooting ranges that have 3D targets you can spend a fun day out while challenging yourself in new ways.

Whatever you choose to do, taking a break from the box can deliver immense benefit to your motivation, your mental focus and your body. It gives you the time you need to reset while having some fun exploring other

options so that you come back fresher and more motivated. It also gives your body some much-needed time to recover without taking a complete break from physical activity. Just make sure that you apply CrossFit's 10 training principles to whatever you do to enjoy the full benefit when you eventually step back into the box. And best of all is the fact that CrossFit would have prepared you for any one of these activities without the need for specific training or conditioning. **f**



WRITTEN BY  
Wilna Appel,  
Head Coach  
and Owner of  
CrossFit PBM  
PHOTO BY  
Anton Geyser

**B**y applying the same 10 training principles that CrossFit advocates – cardiovascular/respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy – to other forms of training you can still benefit from the intense workouts done in the box while taking a break

from the 'norm' to reset body and mind.

One of the best options available to us in sunny, picturesque South Africa is the outdoor environment. We're extremely blessed with the various options we have in this regard, which also means the opportunities to train are endless. Depending on where you stay or how willing you are to travel, you could easily go from the bush, to the desert, to the mountains and even the ocean, and do any one of a multitude of activities...

**CYCLING:** South Africa is mountain biking country. With races almost every weekend, from single day events to multi-day stage races, there is something to suit everyone. If you don't feel like competing then simply choose one of the many mountain biking routes available around the country and spend the day exploring your own path through nature.

**RUNNING:** Trail running is another great option, especially if you're interested in taking your training to another level. Running through nature will offer you some great experiences and the technical terrain and the steep climbs make it an intense form of exercise that will benefit your CrossFit. Again, there are many options with regard to races and training routes around the country.

### KAYAKING, CANOEING

**OR RAFTING:** Ocean and river kayaking, canoeing or rafting can be another great option for anyone who wants to train differently. Whatever form you choose the experience will be unique and exhilarating, and will deliver a great upper body and cardiovascular workout too.

Check out our events page calendar on pg 18. With races almost every weekend, there's something to suit everyone.





# CONQUER THE SLUMP



**Fight fatigue, stress and energy loss.  
All day. Every day.<sup>1,2</sup>**

Ref 1. Garfinkel I, Garfinkel D. Magnesium 1985;4:69-72. 2. Albion Research Notes 1997;6(1).  Slow-Mag® Tablets. Each enteric coated tablet contains magnesium chloride 575 mg (equivalent to 64 mg elemental magnesium) H24/89. Slow-Mag® Caps. Each capsule contains magnesium amino acid chelate 450 mg (equivalent to 45 mg elemental magnesium), Slow-Mag® Rizy. Each effervescent tablet contains elemental magnesium 172 mg and Vitamin C 150 mg. For further information, refer to the package insert approved by the Medicines Regulatory Authority, Merck (Pty) Ltd. Reg. No. 1970/00405/9/07. 1 Friesland Drive, Longmeadow Business Estate South, Modderfontein, 1645. Tel. (011) 372-5000, Fax. (011) 372-5252, SM.04.13.007. Report adverse events to [drugsafety@merck.co.za](mailto:drugsafety@merck.co.za) or +27 11 608 2588 (Fax line).

**A WELL-FORMULATED PRE-WORKOUT SUPPLEMENT TAKEN 20-30 MINUTES BEFORE YOU NEED AN EXTRA BOOST OF ENERGY OR FOCUS SHOULD GIVE YOU THAT TEMPORARY BOOST YOU NEED**

WINNING QUESTION

**Q**

## Energy boost

I'm a fitness instructor and I'm always on my feet. At the moment I use Phenadrine Thermocut, CLA body toner soft gels and a CLA raspberry ketone body toner powder. I do a lot of interval training, so I get tired during the day and I need energy for work and to study after hours to further my career in health and fitness. Are there any

snacks or supplements you can suggest that could help with that?

Maddy Greyvenstein

**It's important to bear in mind that your perceived energy level is dependent on a number of factors, not least of which is your general lifestyle and environmental conditions.**

These include factors such as your hydration level (when you are not well hydrated your energy levels drop), a good meal plan with the correct type and amount of fat and minimal sugar, a healthy

sleeping pattern (7-8 hours a night), a minimum amount of stress (emotional and physical), as well as adequate daily exposure to natural sunlight and working or training in a place with sufficient fresh air. Once the aforementioned requirements are all met then one can certainly look to boost your energy and focus levels by using stimulant-based supplements such as pre-workouts, which contain ingredients such as

caffeine, synephrine, theobromine, theophylline, tyrosine, phenylalanine and higenamine. Check with your local supplement retailer for the ideal option. A well-formulated pre-workout supplement taken 20-30 minutes before you need an extra boost of energy or focus should give you that temporary boost you need to see you through a late night study session, a tough workout or a long day. As far as snacks go, stick

to high-protein, low-GI carb foods and snacks. From experience I know that carbs, especially in the form of simple sugar, deliver a burst or spike in energy levels before 'dropping' you down when blood glucose levels fall to levels that are generally lower than they were initially. Meals that are high in protein and have a low carb content, with a focus on low GI carbs, tend to help sustain both energy and focus.



Send us your questions and stand a chance to win with SUPASHAPE. Email [info@fitnessmag.co.za](mailto:info@fitnessmag.co.za)

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## BOOST YOUR MOOD



**DRINK UP IN THE EARLY MORNINGS SO YOU HAVE STAMINA FOR THE DAY!**

### ENERGISING SPINACH SMOOTHIE

1 banana, medium size, sliced  
2 cups baby spinach  
1 cup fat-free milk  
5 almonds  
1 tablespoon flax seed oil  
1 cup of any other fresh or frozen fruit like berries, mangoes or peaches etc  
Crushed ice as needed

### METHOD

Blend the sliced bananas, spinach and about 1/2 cup of milk together to make it a smooth puree. There should be no lumps. Now add the remaining milk and blend it once again. Add almonds, flax seed oil, fruit and ice. You can adjust the quantity of milk to get the desired consistency. Serve immediately.





MUSCLE UP



TRIM DOWN




GET FIT

## Q Carb conundrum

I have recently become a vegan for health and moral reasons. I've noticed that I've been consuming more carbohydrates than before, which has resulted in me gaining weight. I heard someone say that cutting carbohydrates from my diet will help with weight loss. Is it really necessary to take such a drastic step? If not, what steps should I take? *Bessy Sina*

**T**he calories we consume on a daily basis come from proteins, carbohydrates and fats. Proteins and carbohydrates provide four calories per gram and fats have more than twice the caloric density at nine calories per gram. When someone converts from a 'normal' omnivorous diet to a vegetarian or vegan diet it is not unusual to see their macronutrient intake shift to one characterised by lower protein consumption and a higher carb and fat intake, especially when nuts and seeds are incorporated as a source of protein. The net impact is an increase in caloric intake and compromised insulin sensitivity from the increased carbohydrate intake. Unfortunately this shift in macronutrient intake is not conducive to maintaining lean muscle, nor is it ideal for supporting fat-loss goals. As a vegan you are going to have to be very diligent in monitoring your daily calorie consumption

and remain conservative with regard to your nut and seed intake as they have a high fat content. You'll also need to choose your carbohydrate sources wisely and employ suitable macronutrient timing strategies to ensure you're not spiking insulin when consuming calorific high-fat meals. Where possible opt for vegetables and salads (fibrous carbs) over starchy carbs (e.g. rice, potatoes and sweet potatoes) and limit fruit intake to no more than 1-2 small servings per day as it is relatively high in fructose, a natural sugar. Avoid fruit juices, honey and jam where possible, and use non-nutritive sweeteners instead of sugar to manage insulin and further moderate your carbohydrate consumption. Steam, bake, dry fry (in a non-stick pan) or microwave your food instead of frying in oil, and avoid margarine and sauces to further reduce your fat intake and control your daily calorie consumption. While it is my personal opinion

that a vegan diet is not ideal to support the development of a lean, toned body, with careful planning, the reading and understanding of food labels and diligent dietary choices, it certainly can be done. 



(Ed note: Check out previous USN Face of fitness finalist and WBFF pro Jody Calitz on Facebook or visit her website [www.theveggiebabe.com](http://www.theveggiebabe.com) for tips on how to follow a vegan lifestyle and build sexy, shapely muscle.)

## WILL CUTTING CARBS FROM MY DIET HELP WITH WEIGHT LOSS?

CONVERTING FROM A 'NORMAL' OMNIVOROUS DIET TO A VEGETARIAN OR VEGAN DIET CAUSES MACRONUTRIENT SHIFTS



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# Shapely shoulders

## CIRCUIT

**Y**our arms and shoulders are generally your most prominent muscle groups when wearing summer fashion styles and beachwear. To ensure your shapeliest shoulders yet give them the attention they deserve with this shoulder circuit.

## HOW TO DO IT

Perform each exercise immediately after the other, back to back, until an entire circuit has been completed. Perform 20-25 reps for each exercise.

*Rest for 60 seconds after completing a circuit, then repeat for a total of 3-5 circuits.*

## THE CIRCUIT

1. Seated shoulder press
2. Dumbbell front raise
3. Standing lateral raise
4. Bent over flies
5. Reverse cable crossover

### 1 SEATED SHOULDER PRESS:

Position the dumbbells at shoulder level with palms facing forward. Press the dumbbells overhead. Slowly lower the weights to the starting position and repeat.





## 2 DUMBBELL FRONT RAISE:

**Stand upright.** Hold the dumbbells in front of you. Lift both dumbbells up until your arms reach shoulder level. Return to the starting position and repeat.



## 3 STANDING LATERAL RAISE:

**Stand upright.** Raise both dumbbells up to the side, to shoulder level. Keep your elbows slightly bent and wrists in line with your forearms. Slowly lower the weights back to the starting position and repeat.



## 4 BENT OVER FLYES:

**From a standing position bend over by hinging at the hips.** Lift both arms up and out at the same time, to shoulder level. Keep your elbows slightly bent throughout the movement. Return the weights under control to the starting position and repeat.



## 5 REVERSE CABLE CROSSOVER:

**Stand between the two pulleys of a cable crossover rig.** Grasp each of the stirrup handles from the top position with the opposite hand, crossing your arms over in front of you. Take a step back until the cables pull taut. Pull the stirrups out to the sides across your body. Maintain a stiff elbow position throughout the movement. Return the handles to the starting position under control and repeat.

**FORM TIP:** KEEP YOUR ABDOMINAL MUSCLES ENGAGED AND YOUR CORE CONTRACTED THROUGHOUT EACH MOVEMENT.

Nothing says confidence like lean shapely delts! Sculpting your upper body is just as important as your legs when it comes to achieving a balanced physique.



## GOPRO HERO4 SESSION

The GoPro Hero4 Session is the smallest, lightest, most convenient GoPro yet.

It is 50% smaller and 40% lighter than GoPro's best-selling Hero4 Black and Silver cameras, yet is still packed with GoPro's Emmy® Award-winning image quality and performance.

The device's durable waterproof design eliminates the need for a separate housing and is waterproof to 10m. It also features simple one-button control to make capturing eight megapixel photos and GoPro-quality 1080p60, 720p100 and 1440p30 video quicker and more convenient than ever before. It also features many established GoPro

Hero4 features, including SuperView™, Protune and Auto Low Light recording modes. An expanded set of controls and settings can be accessed when using the GoPro App or Smart Remote.

An innovative dual microphone system dynamically switches sound recording between microphones to reduce wind noise during activities. Available for R6,499 from Cape Union Mart, Sportsman's Warehouse, Outdoor Warehouse and Incredible Connection, and other independent stockists.



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## GARMIN FORERUNNER 225

The Garmin Forerunner 225 is the first Garmin GPS running watch that measures heart rate at the wrist using industry-leading optical heart rate technology developed by Mio.



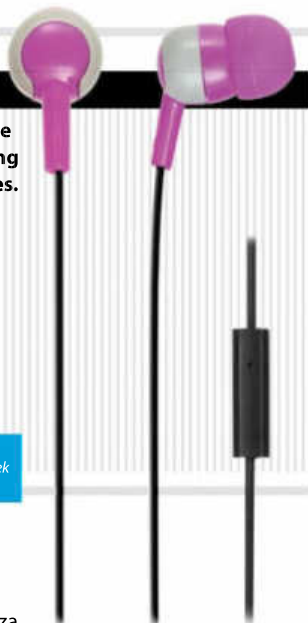
The device's colour graphic interface displays a runner's heart rate zone and beats per minute at a glance. The built-in accelerometer tracks distance and pace data that will be displayed for indoor running without the need for a separate foot pod. To keep runners active between workouts, it doubles as an activity tracker counting steps, calories and distance. A move bar with vibration alert reminds users when they've been inactive for too long. Sleep monitoring ensures optimal recovery. Available in black/red at the suggested retail price of R4,099.

## WICKED AUDIO IN-EAR BUDS

Wicked Audio earbuds have been unleashed on the South African market through Gammatek, a leading local distributor of branded technology accessories.

Wicked Audio ear buds offer comfort, fit, and a unique look at reasonable prices. The range includes Wicked Audio Deuce, an in-ear bud with a built-in mic with cushions in three different sizes to accommodate different ear sizes. Deuce also features Wicked Audio's noise isolation. The Wicked Audio Bandit is a great-looking in-ear bud with a mic that delivers excellent quality sound and bass, as well as a good fit. Wicked Audio Sycron delivers super quality sound and great bass and is available in various colours.

For stockist info  
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## SUUNTO AMBIT3 OFFERS NEW FIRSTBEAT FEATURES

Suunto recently introduced new performance features for Suunto Ambit3 watches developed in cooperation with Firstbeat Technologies, Suunto's long-term partner in sports science. Running performance level, sleep recovery test and quick recovery test provide athletes with detailed and



reliable information about their performance and recovery.

The new features are available for Suunto Ambit3 Run, Ambit3 Sport and Ambit3 Peak through a 2.0 software update.



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# It's a CHIC THING

BY CHARLENE WARWICK  
www.faceandgrace.co.za

*"Any product you touch or use with your fingers (e.g. a jar of eye cream) should be tossed sooner than products that are dispensed from a tube or pump."*



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### Tip

Now that you've decluttered your make-up and skincare drawer, take a little time to store and organise your products. Get creative by using office storage, stationery storage, mason jars, pretty tins and even linen baskets to pack your goodies in.



## SKINCARE SPRING CLEAN

**Spring cleaning shouldn't stop at your closet.** Your skincare and beauty products also need a seasonal sorting. Just like medication, skincare and other beauty products have an expiry date. This is usually found on the outer packaging of the product (the box we throw away after opening the product). If you forgot to check, follow these guidelines on what to keep and what to toss this spring.

**1. Throw out any product that you haven't used in a year, especially products with active ingredients such as sunscreens, peels and anything with alpha**

**hydroxy or salicylic acids.** Using old make-up can lead to infections and irritations on the skin, so make sure you replace products regularly. Eye make-up such as mascaras and liquid liners should be replaced every 3-4 months while foundations should be tossed after six months.

**2. Don't save your beauty splurges for just special occasions as the maximum effectiveness of a product's ingredients usually lasts for about three months.** Regular applications of your products will also yield better long-term results

than using a product only occasionally.

**3. If any product has changed in colour, consistency or smell, toss it.** Antioxidants and other vitamins tend to change colour as they age, a sure sign they are no longer effective.

**4. Dirty make-up brushes and sponges can also lead to infections and skin breakouts so make sure you wash these regularly using a mild cleanser or baby shampoo.** Brushes that are properly cleaned and cared for can last for years!



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WRITTEN BY Giordina Slotter  
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# FIT FOR LIFE

*Create a fit, strong body to facilitate a healthy pregnancy*

**B**ringing a child into this world is one of life's greatest miracles, but it certainly isn't easy. However, if you have the opportunity to plan and prepare for the moment then mind and body will be ready to tackle your most important job yet. While it may defy logic to get into your best shape ever just to get 'fat' again, there are numerous benefits to conditioning your body in preparation for pregnancy and the birthing process.

## GET FIT AND HEALTHY FIRST

First and foremost, a healthy body will improve your chances of conception, and lays the platform for a healthy pregnancy, not to mention the development of a healthy baby too. It will also positively impact on the ease with which you can bounce back from the process and get back into shape after your pregnancy.

It is, however, important to clearly define the concepts of 'best shape' and 'conditioning'. Preparing for birth is about creating a healthy environment that is most conducive to conception and the development of your baby. It is not the time to start counting and restricting calories in an attempt to lose excessive amounts of weight or achieve extremely low body fat percentages.

### BENEFITS OF GETTING INTO SHAPE PRE-PREGNANCY:

- Improves conception outcomes;
- Ensures that you bounce back quickly;
- Enables you to continue training at the same level throughout your pregnancy;
- Reduces chances of pregnancy-related complications;
- Decreases chances of gestational diabetes.



*Trying to get pregnant? Be in your best health condition as possible.*



GIORDINA WITH BABY JORDAN







## A BALANCED APPROACH

The key to this form of physical development is balance.

You want your body to be in its healthiest state. If you are putting your body under excessive stress, survival becomes its first priority and conceiving tumbles down the proverbial list. Therefore this needs to be a gradual process, one where your health becomes the number one priority.

Your greatest advantage to achieving optimal fitness before you fall pregnant is the fact that you'll be able to maintain that type of activity and the intensity level throughout your pregnancy,

within reasonable parameters, provided your pregnancy is free from unforeseen complications (a fit, healthy body can also help to minimise these risks). At this stage maintenance becomes the primary objective, so it pays to do all the hard work upfront.

Furthermore, getting into shape prior to pregnancy and keeping up a healthy, well-balanced diet and training regimen throughout those nine months will offer you a huge advantage postpartum because of your body's ability to recognise healthy habits and bounce back thanks to muscle memory.

### BENEFITS OF EXERCISE THROUGHOUT PREGNANCY

- Increases the size of the placenta and therefore the transportation of vital oxygen-rich blood and nutrients to your baby;
- Increases the body's ability to use fat as an energy source at rest and while exercising;
- Reduces insulin resistance and the risk of gestational diabetes;
- Enables you to return to your pre-pregnancy weight and fitness levels quicker;
- Energy levels and self-image throughout pregnancy will be elevated and risks of post-partum depression will therefore be reduced;
- Improved circulation and therefore less swelling will be experienced, as well as reduced levels of water retention through sweating;
- Helps maintain or create good posture, preventing lower back pain;
- Weight gain throughout pregnancy will be more controlled, as less fat will be deposited;
- Prepares you for labour if you are planning for natural delivery and decreases recovery time postpartum from either natural or caesarean deliveries.

*If you exercise during your pregnancy risks of post-partum depression will be reduced.*



WEEK 1–WEEK 12

## THE FIRST TRIMESTER

Doctors still aren't exactly sure what causes morning sickness.

The most popular theory is that it is the body's reaction to the pregnancy hormone, human chorionic gonadotropin (hCG), which is produced at higher levels during the first trimester than at any other time during pregnancy. This causes bouts of mild to severe nausea throughout the day, sometimes accompanied by vomiting. On some level the nausea can be reassuring – an early sign that a tiny human is growing inside of you. I remember my OBGYN saying to me “the greener the better”, as I looked to her for some kind of sympathy. Morning sickness is, however, not something that all expectant mothers are afflicted with.

Try to train whenever possible, as this will help alleviate symptoms of pregnancy-related nausea. If you are feeling too terrible and run down, don't force yourself to train. Rather make an effort to get out of bed and do something at a low intensity. This can



PEELED APPLES ARE ONE OF THE FOODS THAT CAN HELP ALLEVIATE NAUSEA.

often make you feel a lot better, even if it's just getting up and having a shower.

For the first few weeks of your baby-to-be's development, the yolk sac attached to the embryo provides all necessary nutrients and produces blood cells until the placenta fully

forms later in the pregnancy. Once the placenta has formed, the yolk sac shrinks and the nutritive function falls away. This is

not to say that this is an excuse to put junk into your body and abuse substances like alcohol, nicotine or medication, it is just a little bit of a relief for the mind on the days that you are not well enough to eat a healthy and balanced meal.

Try your hardest to eat small amounts consistently throughout the day. Not eating will make you feel worse when your blood sugar levels drop. Avoid protein when feeling ill as it is harder to digest and this can make you feel worse.

**EAT SMALL AMOUNTS CONSISTENTLY THROUGHOUT THE DAY. NOT EATING WILL MAKE YOU FEEL WORSE WHEN YOUR BLOOD SUGAR LEVELS DROP.**

### USEFUL FOODS AND DRINKS THAT MAY HELP EASE MORNING SICKNESS:

- **Homemade ginger, lemon and honey tea:** 750ml distilled water, 2 whole lemons cut in half, 3 thumb-sized knobs of fresh ginger and 2 tablespoons of raw honey, brought to the boil and simmered for about 15 minutes.
- Warm water with a squeeze of fresh lemon juice first thing in the morning.
- Sparkling water with a splash of 100% organic apple juice – helps to alleviate the metallic taste one gets in the mouth during pregnancy, known as dysgeusia, caused by pregnancy hormones.
- Peppermint tea – a good caffeine-free pick-me-up that has good digestive properties.
- The flesh of a peeled green apple.
- Frozen grapes.



WEEK 13 – WEEK 28

## THE SECOND TRIMESTER

From around 16 weeks those who experienced severe morning sickness during their first trimester should start to feel normal again. You may even have more energy than ever. Now is the time to get back into a proper routine with training and start giving your weekly routine a healthy structure, if this fell by the wayside during your first trimester.



Get yourself an exercise buddy or sign up with a qualified personal trainer who specialises in pre-natal exercise, or find a biokineticist. This will help you on the days that you are looking for any excuse to avoid setting foot in

the gym as you'll have a standing arrangement with someone who holds you accountable or you've paid to be there.

At this stage of your pregnancy it is important to note that no exercises can be performed on your back as the weight of the uterus slows the return of blood to your heart by putting pressure on the vena cava, which reduces blood flow to the fetus. This means the baby is getting less oxygen and fewer nutrients. Furthermore, exercising increases the muscles' demand for oxygen and nutrients which are needed to produce energy. This can further compound the effect when exercising on your back while pregnant.



**Now is the time to get back into a proper routine with training and start giving your weekly routine a healthy structure.**

WEEK 29 – WEEK 40

## THE THIRD TRIMESTER

At this stage you're likely to start feeling rather large and cumbersome. You may find that you're often out of breath, even while doing the smallest of tasks.

On the days that you lack the energy to complete a workout don't be too hard on yourself. Just do what you can and commit to returning again the next day. Now is not the time to push your boundaries.

As your body prepares for labour,

**Stay away from unilateral movements such as lunges during the third trimester, because your pelvic area is no longer able to offer support and stabilisation.**

a hormone called relaxin is released causing connective tissue to, as the name suggests, relax. As a result, the joints and ligaments between the bones in your pelvis will begin to loosen to allow the baby to pass through the birthing canal more easily during labour. It is therefore recommended that you only perform bilateral closed kinetic chain (both feet planted on the ground or platform) exercises such as squats or leg presses. Stay away from unilateral movements such as lunges as




your pelvic region is no longer able to offer the required degree of support and stabilisation at this stage of pregnancy. As a result the muscles in the surrounding areas will try to compensate for this instability in the joint and ligament regions, which could potentially cause muscle strains and injury.

## PREPARING FOR BIRTH

The last few weeks of pregnancy are a mix of excitement and nervousness, especially if this is your first pregnancy.

However, once that obsessive need to fuss over the baby's room for the hundredth time has passed and both your hospital bags are packed, it is a good idea to put some of that obsessive nesting energy into meal preparation for when you and your new family arrive back home. Cook batches of nutritious, healthy meals that can be frozen into portions. Until your little one is here, you can seriously underestimate

the amount of time or energy you will have for everyday things like cooking. Even putting

together a simple salad can seem like a Herculean task when you're trying to care for a new life, which is why new moms often end up living on toast or take-aways. This is not conducive to being a healthy, energetic new mom. You also need to eat a nutritionally balanced diet to provide your baby with good quality breast milk. For that reason it is also a bad idea to under-eat as a means to lose that pregnancy weight. Breastfeeding your baby still requires that you consume an extra 300–500 quality calories a day, but we will cover more of these post-natal needs and requirements in the second instalment of this series. 





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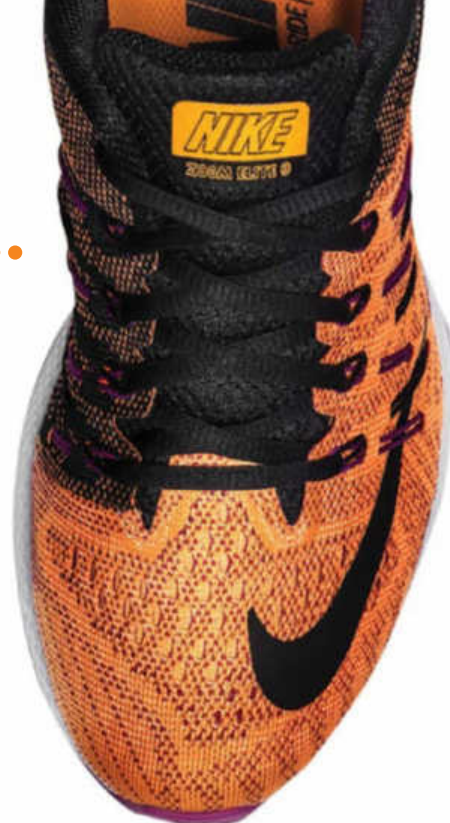


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*Angie Snyman*

WBFF FITNESS DIVA PRO

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FAT	10g
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CHOLESTEROL	10g
IRON	10g
Calcium	10g
Phosphorus	10g
Potassium	10g
Magnesium	10g
Zinc	10g
Copper	10g
Manganese	10g
Selenium	10g
Chromium	10g
Molybdenum	10g
Vitamin A	10g
Vitamin B1	10g
Vitamin B2	10g
Vitamin B3	10g
Vitamin B5	10g
Vitamin B6	10g
Vitamin B7	10g
Vitamin B9	10g
Vitamin C	10g
Vitamin D	10g
Vitamin E	10g
Vitamin K	10g
Calcium	10g
Phosphorus	10g
Potassium	10g
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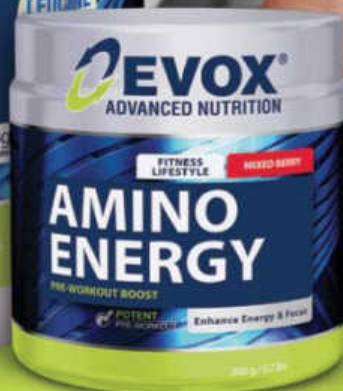
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# THE FINAL PHASE OF YOUR BEACH-READY TRANSFORMATION BECAUSE BIKINI BODIES ARE SCULPTED IN SPRING!

## **BUILD MUSCLE, LOSE FAT**

The aim of any transformation phase aimed at sculpting the ultimate summer body is two-fold – add shapely muscle while reducing body fat. It is not always an easy task as many of the approaches used to shed fat also reduce muscle tissue. However, with the right approach to training and diet it can be done.



**In this 4-week bikini body shape up plan you'll get everything you need to make it happen!**

A 5-day-a-week training programme,

A dietary framework to help you lose fat while maintaining muscle,

A supplement plan to boost the effectiveness of your efforts.



# 4-WEEK BIKINI BODY SHAPE-UP

WORKOUT | DIETARY FRAMEWORK | SUPPLEMENT PLAN



BY PEDRO VAN GAALEN Managing Editor | MODELLED BY Natascha Oosthuizen | DRESSED BY Liquid Salt ([www.liquidsalt.co.za](http://www.liquidsalt.co.za))  
| PHOTOGRAPHY BY Cindy Ellis | SHOT ON LOCATION AT Body Conscious



## THE BIKINI BODY DIET

**Any diet that limits or restricts an entire macronutrient group for a prolonged period of time will have a knock-on effect on your muscle tissue. With a lack of one macronutrient your body only has protein to fall back on when all other available energy sources – glycogen or stored fat – are depleted.**

As your body is unable to metabolise fat above a certain intensity level, those on low-carb diets often experience muscle loss due to muscle protein breakdown (gluconeogenesis) as the body converts amino acids into glucose. Conversely, those on a high-carb, low-fat diet may experience a blunted hormonal response as insulin sensitivity decreases and there aren't sufficient fats needed to produce important hormones or repair damaged cells and the nervous system.

However, that's not to

say that manipulating your macronutrient ratios doesn't work. In fact, when your calorie intake is controlled manipulating your macros becomes one of the most effective ways to shed the fat while maintaining that hard-earned and attractive muscle. With that, we've structured a four-week diet plan to aid your efforts in the gym. Step one though is to determine your total daily calorie requirements. With that information you can then adjust your macros accordingly.

## STEP 1: DETERMINING YOUR CALORIE REQUIREMENTS

Determine your daily calorie requirements by first calculating your total daily energy expenditure (TDEE), which estimates the figure based on a formula that uses your basal metabolic rate, your level of daily activity, your gender, age, body composition and height. There are online tools that can assist you in determining this figure.

Once you have determined your daily energy requirements the goal is to create a small and sustainable calorie deficit. Start with 50-100 calories per day and work your way up to no more than a 500-calorie-a-day deficit. That is the upper-most limit of a 'healthy' calorie deficit.

This can be achieved through the combination of exercise and imposing calorie restrictions to your daily diet.

### FOR EXAMPLE:

**A 28-year-old female who weighs 60kg and is 1.68m tall, and already trains intensely five days a week would have a TDEE of between 1973-2172 calories per day, depending on the formula used.**

To create a daily deficit of 500 calories you would, for example, need to consume 300 fewer calories each day and burn an extra 200 calories with extra activity or more intense exercise.



## STEP 2: MANIPULATE YOUR MACRONUTRIENT INTAKE

### WEEKS 1-2:

#### GO LOW... LOW CARB!

**The low-carb, high-fat (LCHF) diet has become very popular for those looking to lose body fat and enhance their general health.** At a basic level the diet forces the body to utilise fat stores rather than stored glycogen for fuel. Thanks to the low carbohydrate intake prescribed by the diet, and in the reduced levels of readily available glycogen, the pancreas releases glucagon, a catabolic hormone that has the ability to break down stored fat for energy.

#### Measuring your food

The specified gram value of the macronutrients – in this case carbs – advised in this plan is not the total weight of say a potato or bowl of rice. You need to calculate the derived carbohydrate value from the foods you choose to eat, which is often referred to as the 'net' value – what's left when all the fibre and other macronutrients are deducted from the food source. To do this you need to know the weight or serving size of the portion you're eating and then use a nutritional calculator to determine the carb content, in grams, of that food. There are numerous resources online that can help you, for example [www.nutritiondata.com](http://www.nutritiondata.com) or various carbohydrate charts.

Because of the high levels of carbohydrates and sugar in the modern diet everyone could do with some form of what those in the competitive physique industry call 'de-carbing'. The best physique athletes have used this approach very successfully to 'dial in their conditioning' before stepping on the competitive stage, in conjunction with another popular and highly effective dietary manipulation tool known as carbohydrate (carb) cycling.

The combination of high-intensity exercise and weight training and a reduced carb intake also helps to

improve insulin sensitivity, which means your body will derive greater benefit from the carb cycling diet phase that follows in weeks three and four.

### LCHF GUIDELINES

- Limit carb intake to no more than 200g per day.
- Reduce your carb intake by a few grams every day.
- When you get to the 25-50g/day mark maintain that level for the remainder of the two-week period.
- Adjust your calorie intake from healthy fats and proteins to meet your daily macronutrient requirements.





## WEEKS 3-4:

### UP THE INTENSITY, UP THE CARBS!

Carb cycling involves manipulating your carb intake over a specified period, in this case two weeks. In a similar way to the LCHF diet, carb cycling works by manipulating muscle glycogen stores to promote the metabolism of stored fat.

However, the benefit to this approach is that you'll have the energy needed to really push hard on your tough training days when your aim is to build shapely muscle and sculpt your bikini body, while still benefiting from the effects of a low-carb diet on the days when your focus is on fat loss.

### CARB CYCLING GUIDELINES:

**The high-carbohydrate days raise insulin levels, fill glycogen stores, keep your metabolism burning efficiently and limits muscle loss.**

The low-carb days are the fat burning days, as they keep insulin levels low enough to allow for maximum fat metabolism while retaining muscle.

- Consume more carbs on the two days you perform your full body workouts.
- On the remaining days of the week consume a low-to-moderate carbohydrate diet depending on your training demands and goals.
- Your low-carb days should fall on rest days and on the day you perform fasted cardio.
- Adjust your calorie intake from healthy fats and proteins to meet your daily macronutrient requirements.



## BIKINI BODY SUPPLEMENT GUIDE

**MAXIMISE YOUR EFFORTS BY SUPPLEMENTING YOUR EATING PLAN. WE RECOMMEND THE FOLLOWING BIKINI BODY ESSENTIALS.**

**Whey protein** – Aids the repair of muscle tissue.

**BCAA/amino acid mix** – Spares muscle during fasted state cardio and aids muscle tissue repair.

**L-glutamine** – Helps to minimise muscle breakdown during dieting phases and also aids recovery and muscle growth.

**CLA and L-carnitine** – Aid the body in metabolising body fat more efficiently.

**Lipoic acid** – Improves insulin sensitivity to aid effectiveness of diet.

**Thermogenic fat burner** – Thermogenic ingredients boost your metabolism to burn more calories and aid in the efficient breakdown of fat for energy.

### SERVING SIZE EXAMPLES

**Rollled oats:**  
1/3 cup raw =  
30g of carbs

**Brown or basmati rice:**  
1/2 cup cooked =  
22.5g of carbs

**Sweet potato:** 120g  
cooked with skin =  
21g of carbs

**Lentils:** 50g  
raw = 30g of carbs

**Quinoa:** 1/2 cup =  
20g of carbs

**Pineapple:**  
100g =  
12g of carbs



## CARB CYCLING & **WORKOUT PLAN** Turn the page for the workout plan

MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY:	SUNDAY:
<b>Workout:</b> Rest <b>Diet:</b> Low-carb day (25-50g of carbs)	<b>Workout:</b> Full body blast A <b>Diet:</b> High-carb day (200-300g of carbs)	<b>Workout:</b> Glutes and metcon circuit <b>Diet:</b> Moderate-carb day (75-125g of carbs)	<b>Workout:</b> Rest <b>Diet:</b> Low-carb day (25-50g of carbs)	<b>Workout:</b> Full body blast B <b>Diet:</b> High-carb day (200-300g of carbs)	<b>Workout:</b> HIWT complex and abs <b>Diet:</b> Moderate carb day (75-125g of carbs)	<b>Workout:</b> Fasted cardio <b>Diet:</b> Low-carb day (25-50g of carbs)

# 4-WEEK BIKINI BODY WORKOUT

## DAY 1: Full body blast A

THIS 5-DAY-A-WEEK GYM-BASED PROGRAMME HAS BEEN DESIGNED TO BOTH PROMOTE FAT LOSS AND ADD SHAPELY MUSCLE TO YOUR PHYSIQUE. **It is a high-intensity programme that combines full-body weight training sessions with the calorie and fat-blasting effects of high-intensity interval training (HIIT) and metabolic conditioning.**

### The moves

1. Goblet (front) squat into overhead press
2. Lying dumbbell pullover into close-grip dumbbell press
3. Walking lunge with dumbbell curl
4. Swiss ball leg curls super-setted with bridge calf raises

### Sets Reps

4	15
4	15
4	15
4	15

**20-minute calorie crusher HIIT cardio** *see HIIT cardio inset on pg 53*

**Weeks 1-2 Calorie crusher:** 20-minute cardio blast

**Weeks 3-4 Calorie crusher:** Cardio Tabata

### LYING DUMBBELL PULLOVER INTO CLOSE-GRIP DUMBBELL PRESS



### WALKING LUNGE WITH DUMBBELL CURL



### SWISS BALL LEG CURLS SUPER-SETTED WITH BRIDGE CALF RAISES

Complete 15 leg curls on the ball, followed by 15 bridge calf raises.



### GOBLET (FRONT) SQUAT INTO OVERHEAD PRESS





### STATION 1: BURPEES



### STATION 2: BODYWEIGHT SQUATS



THESE  
BODYWEIGHT  
EXERCISES  
ARE  
EFFECTIVE IN  
BURNING FAT  
AND RAISING  
YOUR  
METABOLISM.



### STATION 3: PUSH-UPS

## DAY 2: Metcon circuit and glutes

**Bodyweight metcon circuit:** Perform each station for 2 minutes then move directly to the next. Rest only when all stations have been completed. Repeat the entire circuit 4-5 times.

**Station 1:** Burpees

**Station 2:** Bodyweight squats

**Station 3:** Push-ups

**Station 4:** Windmill planks



### STATION 4: WINDMILL PLANKS

## BIKINI BODY FOOD OPTIONS:

### CARBOHYDRATES:

Rolled oats  
Seeds and beans (also great sources of healthy fat and certain amino acids)  
Brown and basmati rice  
Sweet potatoes  
Lentils  
Quinoa  
Starchy, fibrous fruits and vegetables



### PROTEINS:

Chicken  
Turkey  
Red meat  
Eggs  
Fatty fish  
Cottage cheese  
Whey



### FATS:

Nuts – almonds, walnuts, cashews  
Natural nut butters  
Coconut oil  
Olive oil  
Flax oil  
Fish oil  
Avocados

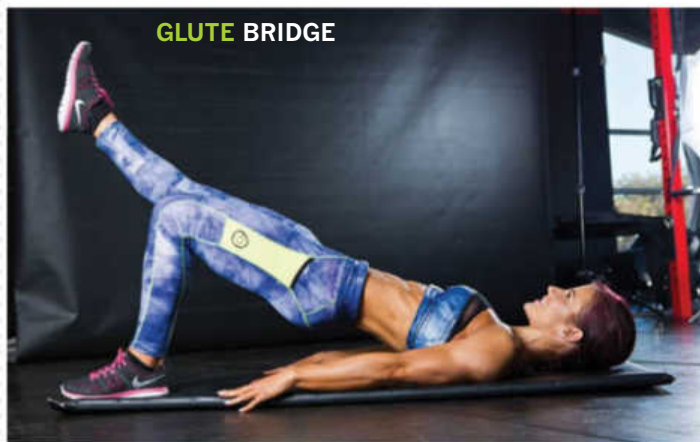


## DAY 2: Continued – glutes

Perform these glutes exercises after your metcon circuit session is complete.

The Move	Sets	Reps
1. Step-up with kickback	3	12
2. Glute bridge	3	30-40 secs
3. Cable glute kickback	3	12

### GLUTE BRIDGE



### CABLE GLUTE KICKBACK

FOR A GREATER CHALLENGE PLACE YOUR HANDS BEHIND YOUR HEAD.



### STEP-UP WITH KICKBACK

ISOLATE THE SQUEEZE – HOLD.



{ WHEN YOU STEP UP CONTRACT YOUR ABS AND SQUEEZE YOUR GLUTES. }

### TRACKING YOUR PROGRESS

Tracking your fitness progress will help you achieve your long-term goals. Seeing how far you've come also helps motivate you during difficult times. You won't realise the changes in your physique on a day-to-day basis, which is why it's important to keep track regularly of progress like measurements, body fat percentages and even weight. Your progress chart also serves as a journal that helps you recall what works best for your body.







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## DUMBBELL FLYES INTO DUMBBELL FRENCH PRESS ON SWISS BALL



A



B



C

## DUMBBELL ROMANIAN DEADLIFT WITH DOUBLE ARM ROW



A



B

# DAY 3: Full body blast B

### The moves

1. Dumbbell sumo squat into overhead swing
2. Dumbbell flyes into dumbbell french press on Swiss ball
3. Leg press super-setted with leg press calf raises
4. Dumbbell Romanian deadlift with double arm row

Sets	Reps
4	15
4	15
4	15
4	15

**20-minute calorie crusher HIIT cardio** *see HIIT cardio inset on page 53*

**Weeks 1-2 Calorie crusher:** 20-minute cardio blast

**Weeks 3-4 Calorie crusher:** Cardio Tabata

## DUMBBELL SUMO SQUAT INTO OVERHEAD SWING



B



A

## LEG PRESS SUPER-SETTED WITH LEG PRESS CALF RAISES



A



B



## DAY 4: HIWT complex and abs

Perform each exercise for 15-20 reps or to failure (whichever comes first). Move from one exercise directly to the next. Rest only when all exercises in the circuit have been completed. Repeat the entire circuit 3-5 times.

### The moves

- |   |       |
|---|-------|
| 1. Dumbbell squat                                       | Reps  |
| 2. Renegade row   | 15-20 |
| 3. Static dumbbell lunge with overhead tricep extension | 15-20 |
| 4. Stiff-legged deadlift                                | 15-20 |
| 5. Standing dumbbell curl to press                      | 15-20 |

### DUMBBELL SQUAT

DON'T GO TOO FAR DOWN. SQUEEZE YOUR GLUTES BEFORE YOU RETURN TO STANDING POSITION.



### RENEGADE ROWS



### STATIC DUMBBELL LUNGE WITH OVERHEAD TRICEP EXTENSION



### STIFF-LEGGED DEADLIFT



### STANDING DUMBBELL CURL TO PRESS



## DAY 4: Continued – abs

### The moves

1. Bicycle crunches
2. 3-point plank
3. V-sit
4. Side plank

### Sets

3  
3  
3  
3

### Reps

15-20  
15-20  
15-20  
15-20

MAKE SURE WHEN YOU DO THE 3-POINT PLANK NOT TO ARCH OR ROUND YOUR BACK.

### BICYCLE CRUNCHES

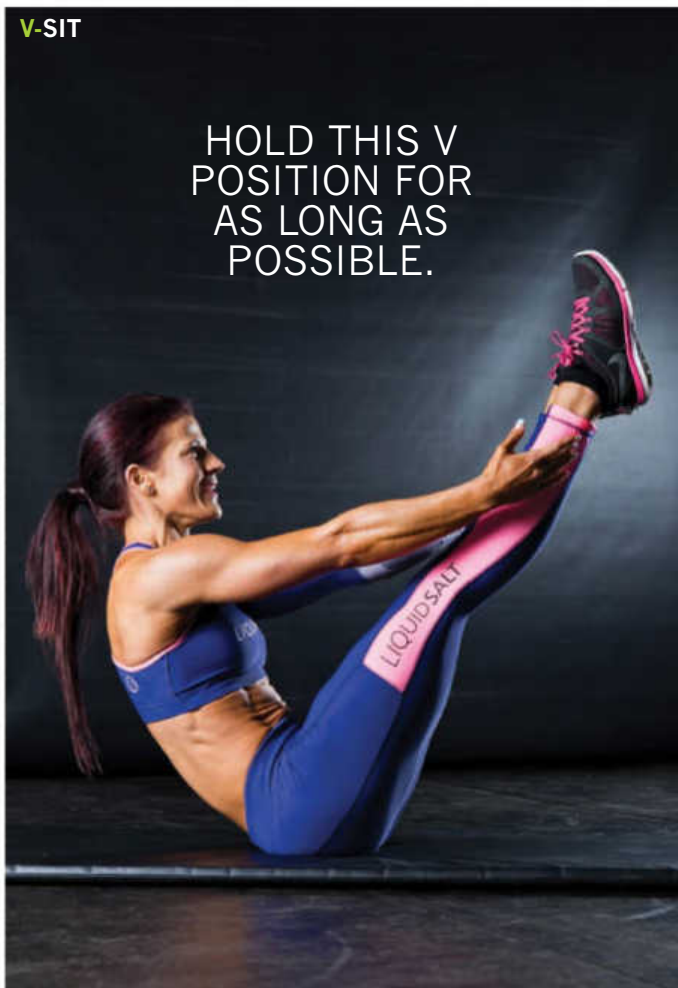


### 3-POINT PLANK



### V-SIT

HOLD THIS V POSITION FOR AS LONG AS POSSIBLE.



### SIDE PLANK



THE SIDE PLANK IS A GREAT WAY OF TRAINING THE OFTEN NEGLECTED MUSCLES ON THE SIDE OF YOUR BODY.

## DAY 5 Fasted cardio

Include a day of fasted cardio in your programme. Use one day over the weekend to head out for a longer cardio session before breakfast. Ideal options include a group run or ride, a hike, or some more time in the gym. This is a great way to tap into fat stores for energy!

### FASTED CARDIO GUIDELINES:

1. Have a cup of coffee or a thermogenic fat burner before you head out.
2. Keep the intensity low to moderate.
3. Aim to keep moving for 75-120 minutes.





## HIIT cardio

**Perform your cardio after your resistance training session.**

This ensures that your body has reduced its glycogen stores which means more of the energy required to fuel these intense bursts of cardiovascular exercise will come from stored fat.



## WEEKS 1-2

**Calorie crusher:**

**20-MINUTE CARDIO BLAST**

Perform a 20-minute interval session on your preferred piece of equipment.

**The interval workout**

**Warm-up:** 1 minute at moderate intensity

**Interval:** 30 seconds at high intensity + 60 seconds at low intensity

Repeat 12 times

**Cool-down:** 1 minute at low intensity

**Total:** 20 minutes

**Options:** Treadmill, stepper, elliptical trainer, outdoor sprints

## WEEKS 3-4

**Calorie crusher:**

**CARDIO TABATA**

Perform a 20-minute Tabata session on your preferred piece of equipment.

**The Tabata workout**

**Warm-up:** 5 minutes

**8 intervals:** 20 seconds all-out intensity exercise followed by 10 seconds of rest

**2 minute:** Active recovery

**8 intervals:** 20 seconds all-out intensity exercise followed by 10 seconds of rest

**Cool-down:** 5 minutes

**Total:** 20 minutes

**Options:** Stationary bike, rower, elliptical trainer, skipping

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# 6 STEPS TO REBOOT YOUR MINDSET SPRING- CLEAN YOUR MINDSET

BY LAETITIA DEE, life coach and owner of Laetus Life ([www.laetuslife.com](http://www.laetuslife.com))

**A**t the beginning of spring the whole earth goes into a season of change; a season of growth; a season of renewal. Similarly, many people embark on their own journey of renewal as they attempt a body transformation as the winter chill gives way to blossoms and bird calls. Much like mother nature metamorphosises the world around us, people seek ways to change their own lives by changing their bodies. One thing that people tend to forget is the fact that a body transformation should begin with a mental transformation.

I have worked with numerous clients and a common mistake that people make is not making the necessary changes to their mindset, thought patterns and mental habits before attempting a lifestyle change aimed at body transformation. In my opinion, most of the time our outward appearance is a representation of our inward experience because where the mind goes, the body follows.

This is why I have created the Mindset Reboot Program ([www.laetuslifestyle.com/mindset-reboot](http://www.laetuslifestyle.com/mindset-reboot)), because if your goal is maintainable fat loss you need to firstly work on creating and maintaining a new mindset so that your body can follow...

Six steps that you can use to reboot your mindset this spring:



## STEP 1: REALISATION

**You first need to realise and acknowledge that a change is needed, and your first step on the path to realisation is awareness.**

You need to become aware of your current mindset, your habits, your self-talk, your thought patterns and your routine. In essence, you need to become aware of where you are before you can decide where you want to go.

## STEP 2: EVALUATION

**If you want to change your body or your life you need to evaluate the problem or the circumstances**

**that got you to your current state so that you can determine what's standing in the way of you reaching your ultimate goal.** If there are things that constantly keep you from achieving success such as a lack of motivation, poor discipline, or negative self-talk, for example, you need to get to the root cause of these issues. You can't change something if you don't understand it so work to find the problem, evaluate it and then start working on a plan of action to correct it.

## STEP 3: BECOME

**After you have identified (realised) the problem and you have evaluated the root cause of that problem, then you need to start taking action.** During this stage it is important to take deliberate action or intentional steps that will take you closer to becoming the person you want

*Begin your spring lifestyle transformation with the right equipment. This will keep the change exciting.*







to be or having the body or the life that you want to have. During this stage it is important to actively start working on changing your habits, your daily routine, your thought patterns, your negative self-talk and your mindset.

#### STEP 4: OBTAIN

**If you succeeded in changing your thought patterns, your negative self-talk, your habits, your routine and your mindset, you have successfully obtained a new way of being.** Implementing these changes isn't easy because people always struggle with change. As such, if you have reached this point you first need to celebrate how far you've come. The only thing you need to focus on now is to maintain this new


state; this new mindset or way of living that you have worked so hard for.

#### STEP 5: OPTIMISE

**After you have succeeded in obtaining and maintaining your new state, I believe that it is important to then start setting new goals and to start making more changes.** You can start with step 1 again and start working on changing something else in your life. This is the ideal time to start working on your body transformation, having dealt with and mastered your mindset. We are all a work in progress and we can always become better versions of ourselves, so use this opportunity to also work on other areas of your life that you want to change.

#### STEP 6: TRAIN

**I believe that physical exercise is something that you need to incorporate from the start, but I also believe that focusing solely on training won't lead to a successful body transformation.** I know from personal experience that if you obtain the body you want, without having obtained the mindset to maintain that body, your transformation won't be successful or sustainable. You need to work on your mindset and your body from the start as your 'inside' has to transform just as much as your 'outside'. This is why I am a firm believer in the inside-out transformation.

**Changing your body, your mindset and your life isn't easy**, but these are the steps that I have used to make my transformation a successful one. Before you start with step one it's important that your desire to change is more than your desire to stay the same. You need to know and believe that you have it in you to make the changes that you want, and you need to decide that you won't give up until you have reached your goal. 







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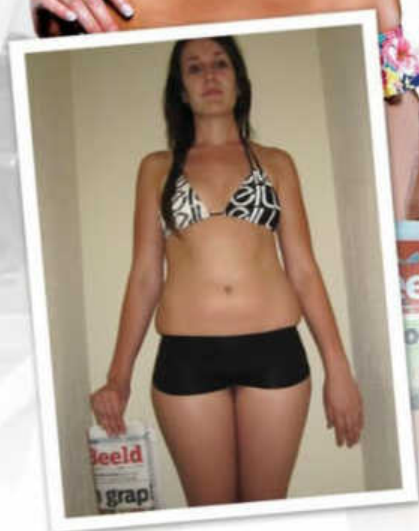


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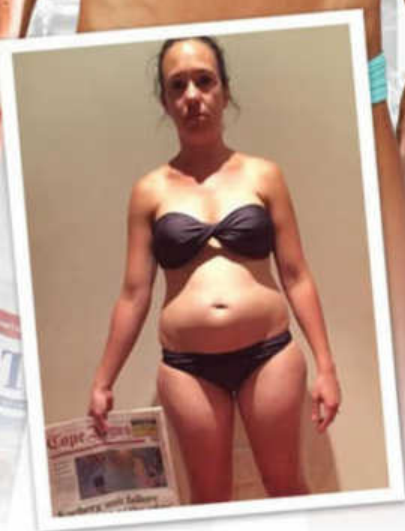
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# Are non-nutritive sweeteners doing more harm than good?

BY PEDRO VAN GAALEN Managing Editor

## THE BITTERSWEET TRUTH

**In our battle with the bulge many of us ditch the processed sugar and turn to non-nutritive artificial and natural sweeteners for a suitable alternative. Some even consider these products healthier alternatives to natural sugar.** Food manufacturers also include various forms of artificial sweeteners or industrially manufactured natural sugars in their products to reduce overall calorie content, make them 'healthier' alternatives to those that contain sugar, and also mitigate the variable input costs of natural sugar.

**A**s the global war on the obesity epidemic rages on these products have become extremely popular.

UK-based research firm Visiongate estimates that the global low-calorie sweetener market will double in its size by 2025. The market is currently worth an estimated \$11.4bn and is set to experience "significant growth in the next ten years" due to the growing demand for diet food, increasing levels of obesity, diabetes and other metabolic disorders.

However, as yet another human-made food stuff, one that is also processed, is this reliance on sugar alternatives advisable? Do they even help reduce your waistline and overall weight? And then there are the potential health implications...

### LINK TO CANCER

The most common concern raised about the use of products such as aspartame, saccharin and sucralose, among others, is their potential link to cancer.

While a direct causal link has not been established between artificial sweeteners and increased cancer risk in humans when used according to recommended guidelines, lab studies have

found that aspartame, sucralose and cyclamate cause cancer in rodents and other lab animals.

Similarly, studies of other sweeteners that the Federal Drug Administration (FDA) in the U.S. has approved have not demonstrated clear evidence of an association with cancer in humans. As such, the FDA, along with numerous other agencies around the world, including the European Food Safety Authority, Health Canada, the National Cancer Institute, the American Medical Association, Multiple Sclerosis Societies, and the Canadian, American and British Diabetes Associations, have all concluded that aspartame is safe when used as recommended.

Testing, however, is ongoing and there are various camps within the broader health and nutrition industries that strongly caution against the overconsumption of these substances on this basis.

### HELPING WITH WEIGHT LOSS

In terms of the role non-nutritive sweeteners play in weight loss, there is sufficient evidence to support the notion that these products are an ideal tool to reduce total calorie consumption by eliminating sugar-derived calories from your diet.

However, recent research has unearthed a potential flaw, one

**Is a sweetener in your coffee really a healthy alternative?**



that materially impacts on our ability to reduce overall calorie consumption when using these products in our diet.

It seems that the human body is a lot smarter than we care to admit. When we ingest sweet-tasting foods that offer no nutritional value or energy the brain isn't fooled and the hunger impulse isn't shut off.

The physiological and neurological process that controls this response was highlighted in a recent study conducted on fruit flies, the findings of which appeared in the journal *Neuron*. According to the lead author on the study, Monica Dus, an assistant professor in the

## WHEN WE INGEST SWEET- TASTING FOODS THAT OFFER NO NUTRITIONAL VALUE OR ENERGY THE BRAIN ISN'T FOOLED AND THE HUNGER IMPULSE ISN'T SHUT OFF.

Department of Molecular, Cellular, and Developmental Biology at the University of Michigan, fruit flies and humans share about 75% of the same disease-causing genes, and the "molecular machinery" that controls the differentiation between energy-dense sweet food and sweet non-nutritive substances in

the fruit fly is also present in the guts and brains of humans, but on a much larger scale.

Dus and her research team deprived fruit flies of food for several hours and then offered them a choice of a non-nutritive

sweetener or real sugar. When the flies licked the real sugar, it activated a group of six neurons that released a hormone with receptors in the gut and brain. The hormone fuelled digestion and allowed the fly to lick more of the 'nutritious' food. However, when the fly consumed the non-nutritive sweetener it never produced the same reaction in the gut and brain because the zero-calorie sweetener has no nutritional or caloric value. In every case, the flies abandoned the artificial sweetener and chose the regular sugar to replenish their energy stores following the starvation phase of study.

If human brains function in the same way it would help to explain why diet foods don't satiate us, which is what

**ARTIFICIAL  
SWEETENERS ARE  
NOT NECESSARILY A  
MAGIC BULLET FOR  
WEIGHT LOSS.**

often leads to overeating because the body's instinctive natural response is to continue consuming food until our energy and nutritional requirements are met.

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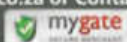
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## ADDING ARTIFICIAL SWEETNESS

In the same way, consuming processed foods that contain industrially manufactured sweeteners, the most common of which is high fructose corn syrup (HFCS), often leaves us craving more, and we now have research that explains why.

While we already know that consuming carbs and sugar elicits a hormonal response that drives hunger to 'stock up' on energy, researchers at the University of Basel recently found that fructose also stimulates the reward system in the brain to a lesser extent than does sugar and that it was less effective than glucose at creating feelings of satiety. According to the researchers this can cause "excessive consumption accompanied by effects that are a risk to health".

The research team, headed by Bettina Wölnerhanssen and Anne Christin Meyer-Gerspach, also stated that "the study may provide the first key findings about the lack of satiety and rewarding effects triggered by fructose". These findings, published in the public library of science journal PLOS ONE, add to the growing list of ills attributed to the overconsumption of commercial fructose, which has been linked to various lifestyle disorders and health maladies such as obesity, diabetes, fatty liver disease, and gout.

These findings echo those of researchers at the University of California-San Diego, who tracked the brain activation of volunteers who took small sips of water sweetened with sugar or sucralose. Using functional

MRI scans the research team were able to show that sugar activated regions of the brain involved in food reward, while sucralose didn't. According to the authors of the study, sucralose "may not fully satisfy a desire for natural caloric sweet ingestion." As such, artificial sweeteners may not be an effective way to manage that sweet tooth.

## MAKING CHOICES

All of this evidence suggests that artificial sweeteners affect the body's ability to gauge how many calories are being consumed and that they affect the brain in ways that are different to natural sugar. While the non-nutritive sweeteners may be an ideal means to negate sugar-derived calories without sacrificing taste, the net result is that we shave off a few calories from our cups of coffee or tea but overall we end up consuming more calories thanks to the hormone-regulated hunger response. As such, when considered in the context of hunger regulation and satiety they may be doing more harm than good in our diets.



**Evidence suggests that artificial sweeteners affect the body's ability to gauge how many calories are being consumed.**

## OTHER HEALTH IMPLICATIONS

Of additional concern is the effect that artificial sweeteners may have on the digestive system. An experiment by Israeli researchers, published in the journal Nature, found that artificial sweeteners changed the composition of gut bacteria in both rodents and humans.

Artificial sweeteners seem to disrupt the balance of intestinal bacteria, which the researchers suggest occurs because certain intestinal bacteria react to artificial sweeteners by secreting substances that trigger inflammation and impair the body's ability to utilise sugar.

And this reduction in the body's ability to utilise sugar is problematic, particularly for pre-diabetics and those with insulin resistance. Both artificial sweeteners and plant-based sweeteners, such as stevia, are touted as suitable substitutes for people with diabetes because they contain no calories and don't spike blood sugar.

However, the studies conducted by the Israeli researchers also found that mice that were fed water infused with saccharin, sucralose or aspartame developed glucose intolerance – an inability to process sugar properly. The mice that drank plain water or water sweetened with natural sugar did not develop the condition. In addition, researchers also tested the association in seven lean, healthy humans who normally avoided artificial sweeteners. When given saccharin for five days, four of the seven volunteers developed glucose intolerance, a condition that is considered a precursor for type-2 diabetes.

Faced with this evidence, the choice to replace sugar with artificial sweeteners should be based on more than just the reduction in calories they offer. There is obviously a lot more going on than we previously thought. However, based on all this information the best option seems to be the elimination of added sugar and artificial sweeteners from your diet. If you're able to reach that point then you need not worry about any of these health concerns.



## Sweetener options

**Stevia** – A non-caloric plant-based sweetener derived from the leaf of the South American stevia rebaudiana plant.

**Monk fruit** – A natural sweetener derived from monk fruit, a round green melon that grows in central Asia. It is 150-200 times sweeter than sugar.

**Lo han (or luohanguo)** – A natural sweetener derived from a fruit.

**Sugar alcohols** – Include xylitol, glycerol, sorbitol, maltitol, mannitol and erythritol provide fewer calories than sugar, but can cause gastrointestinal distress.

**Aspartame** – A combination of two amino acids – phenylalanine and aspartic acid – and is 220 times sweeter than sugar. It is FDA approved.

**Sucralose** – A chlorinated artificial sweetener that is 600 times sweeter than sugar.

**Saccharin** – An artificial sweetener that is 200 – 700 times sweeter than sugar.

**Acesulfame K** – An artificial sweetener that is often used together with other sweeteners, such as saccharin.

**Neotame** – An artificial sweetener that is used in many diet foods and drinks. 



**Nutrition tip**

Juices can add variety to your diet while helping you to get the necessary nutrients from fruits and vegetables.



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The Breville Juice Fountain's stainless steel cutting disc, which is surrounded by an Italian-made micro mesh filter, extracts up to 20% more vitamins and minerals than other juicers, according to a study by Australia's National Measurement Institute. The juicer has no food traps – the smooth rounded parts prevent pulp from sticking, so cleaning is a quick rinse under the tap. The large feed tube accepts whole fruit so no chopping is required, while the dry pulp is ejected into an external basket for easy clean up.

*Available for R1,899 from @home stores and online at [www.home.co.za](http://www.home.co.za).*

**4 FITMARK SHIELD LG**

The Fitmark Shield LG meal management bag is lightweight and portable, with tough polyester nylon and a heavy-duty, padded and removable shoulder strap. Easily organise your meals with five large seal-tight containers, two cool packs (one that is TSA approved), a custom vitamin and protein mix dispenser, and two expandable exterior pockets for your water bottle, protein bars and fruit. There is even a sleeve on the outside for the latest issue of *fitness* magazine. The internal swivel-action centre divider pivots for maximum organisation.

*Available from [www.chrome.co.za](http://www.chrome.co.za).*

## UNDERSTANDING AND ACCEPTING THE ELEMENTS NEEDED FOR HEALTHY WEIGHT LOSS

BY DANI WATERSTON, MA (Research Psychology), BA (Hons) Psychology, and Consulting Nutritionist



# TRUSTING THE PROCESS

*When embarking on a lifestyle change it is essential to have a plan, in addition to realistic expectations of what can be achieved within a given timeframe. By having these two crucial ingredients one is able to control both the direction of the journey, as well as the eventual outcome.*

*However, the formula for change is a complex one, one that is psychologically driven. We rely heavily on visual results, motivation and reinforcement from ourselves and others to keep going and, often more importantly, to keep believing. The process needed to lose weight or change our lifestyles to feel no exception.*



### THE MAGIC NUMBER

**The first 12 weeks of any attempt at change is crucial. It is a commonly held belief that it takes 21 days to change a habit. However, when changing decades of behaviour the more time you have to practise and entrench new behaviour the better your chances are of ultimate success.**

Accordingly, assigning a timeline to achieving your weight loss goal can be tricky. We also rely heavily on instant gratification and social cues to facilitate our weight loss, often with the expectation that we will be successful without having a defined plan or goal. We're also, unfortunately, quick to justify a lack of success with a variety of excuses.

However, to be the champion of your life and remain in control of your lifestyle change you need to rely heavily on your self-belief and your personal capabilities, and it is often this fundamental point that is neglected and ignored.

### WILLPOWER VS. DISCIPLINE

**To believe in ourselves and our capabilities we need proof to know that we can be successful in something that we will be investing in. Willpower and discipline are two aspects that can strengthen a person mentally and can assist them in achieving success on their weight loss journey.**

Willpower can be understood as the ability by which a person decides on and initiates action. Discipline involves training oneself to perform something in a controlled and habitual manner. These terms are very different, yet they are often used interchangeably in reference to weight loss.

To help provide further clarification there is a popular quote that aptly states "willpower is what gets you going; habit is what keeps you going". This quote explains the psychological elements of weight loss so eloquently.

Everybody is born with willpower – the ability to resist temptation in the short-term. However, many people may

struggle with discipline to repeat this behaviour as it is a learned and cultivated skill. However, it is the repetition of behaviour that results in long-term success.

As such, the first two weeks of a lifestyle change aimed at achieving weight loss are usually the most daunting as one is faced with various challenges; new techniques to master; a new way to think about food; a new way to approach eating. It is also during this period that discipline is being developed.

In terms of the psychology of weight loss, if one slips up during this time it may not be due to a lack of willpower. It may be due to resistance to change as we transition from willpower to discipline. In essence, you may be struggling to develop the habitual behaviour needed to lose weight.

This underlines why extreme dieting does not work, as one needs to ease into a change in lifestyle, and lifestyles don't change overnight. Although willpower and discipline are fundamental aspects to changing one's lifestyle successfully, it is essential to understand the other factors that contribute to change.

**{ EXTREME DIETING DOES NOT WORK, AS ONE NEEDS TO EASE INTO A CHANGE IN LIFESTYLE, AND LIFESTYLES DON'T CHANGE OVERNIGHT. }**





## THE TIMELINE FOR CHANGE

People want results as soon as they embark on a lifestyle change. This is understandable as we invest significantly in such a journey. However, there is a process that we need to follow to be successful.

### PHASE 1...

First off we need to come to terms with the fact that we want to or need to change. This may stem from a realisation of our self-defeating behaviours such as overeating, excessive drinking and/

### or unhealthy food choices.

This is also known as the 'contemplation' stage, which is often bitter-sweet as we have the knowledge but can often get stuck here as we may not have the skills needed to change. How often have

you used the excuses: "I don't have a gym contract"; "I don't have the budget to eat well"; "I don't have the time". It is worth considering that these 'excuses' are not reasons or justification to not begin the 'challenge', but maybe we merely lack the 'where to from here?'; the basic skills required to move forward.

Now, the above is practically irrelevant if we lack the desire. Yes, we may execute the above but what happens if that absolute longing and drive is not there? The internal fire needs to be blazing for someone to be successful. Without it we may lack motivation, ambition and determination.

What inevitably results is apathy and lack of repetitive behaviour. We can sign up for the gym contract and receive the eating plan from the nutritionist. However, if the results don't outweigh the costs then unfortunately we won't follow through with the behaviour needed to change.

### PHASE 2...

This aspect flows into the next phase, which is consistency. One

**needs to repeat the behaviour over and over again for it to become habitual and seem more 'natural'. By doing so your new healthful behaviours will become entrenched, and you will be a step closer to reaching your goal.**

I often hear professionals say "you are not on a diet, you are changing your lifestyle". This could not be more true. A diet is a quick-fix; a temporary solution. A diet is something one does not need to be incredibly invested in to see results. That is why it is so common that people rebound after a diet.

Research shows that 40% of people who have lost weight on a 'diet' gain back all the weight and more. A lifestyle change is directed at every area of your life. It is a holistic and universal change. Behavioural change occurs over time. Therefore, by following an approach aimed at achieving a speedy outcome you are not able to establish the necessary behavioural changes and fully embed them in your life. I always say, one's external self will always reflect their internal self. Therefore by not truly integrating the lifestyle change on a mental level you will never be successful on a physical level.

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## YOU ARE NOT ON A DIET – YOU ARE CHANGING YOUR LIFESTYLE.



## NOTICING CHANGES

**The big question on the lips of anyone who embarks on this journey is: “When will my weight loss be noticeable?” As previously mentioned, the first 12 weeks of any type of lifestyle change are critical. Author of ‘150 pounds lost forever’, Diane Carbonell, explains that her biggest demotivator was not having people notice her weight loss. This is common among those trying to achieve a healthier life.**

Humans thrive on positive reinforcement, be it looser fitting ‘fat jeans’ or your best friend saying you’ve lost weight. The more reinforcement we receive the more likely we are to repeat the behaviours that gave us those results. So what happens? We carry on eating well, training hard and that hunger for success becomes stronger than ever.

However, if the opposite happens it can hinder our success. If we thrive on compliments we will crumble without them. This is why it is so critical to have that internal desire and want to achieve personal greatness. The barometer of success in terms of your weight loss journey cannot depend on the responses and reactions of others. That’s not to say that recognition can’t play a part in weight loss though as we all want to be acknowledged and rewarded for our efforts. Just don’t make it your only source of motivation and inspiration.

There is also a dark side to reinforcing good behaviours through the attention and recognition of others. Some people have reported that receiving compliments hinder their weight loss. Therefore it is extremely important for those providing the reinforcement to know how the person has lost weight. Studies have shown that people who have not embarked on intentional weight loss will respond negatively to weight loss-related comments. Conversely, individuals who have consciously lost weight and receive compliments can, in fact, get addicted to that recognition. These kinds of people will most likely go to great lengths to continue to receive these compliments which can lead to negative behaviour that affects their physical and mental health as well as their relationships.



## SET A GOAL, HAVE A PLAN

**Fitness icon Jen Jewell spoke about weight loss in a seminar she presented in South Africa earlier this year. She discussed her recipe for successful weight loss, emphasising that it is crucial to have a goal.**


This goal is your final destination. However, there are a few guidelines to consider when establishing your ultimate goal. It is best to make it something that will enhance your quality of life rather than something superficial or tangible. Research has shown that setting short-term goals such as fitting into a bikini, for example, are less effective than establishing goals aimed at self improvement. These could include building more confidence, increasing self-esteem or being able to play with your children.

However, if you want to fit into your size 28 jeans and

that motivates you then go for it! As previously mentioned, your lifestyle change must be for you and it must be on your terms. A caveat to that is, if your goal is unrealistic you will set yourself up for failure.

Furthermore, a robust plan is also required to achieve any goal; a goal on its own isn’t enough. You need a roadmap that lays out how you’ll get to the desired outcome. Many people neglect to focus on this aspect of their weight loss journey, preferring to rather focus only on the end result. This, more often than not, also results in failure.

Lifestyle change is not a linear process. As such, without structured guidelines in place your ability to achieve success is diminished. A well-thought-out plan, be it in the form of a prescribed eating plan or workout programme, makes the process more effective and equips you with the skills needed to be victorious.

At the end of the day weight loss is a complex journey that many people want to embark on, but many also feel overwhelmed at the thought of doing so. Being prepared and knowing what lies ahead can make the process seem less daunting. The most important thing to remember is that this process is achievable and as long as you are willing to put in the work you will most likely be able to live the life you so richly want and deserve. 



**1.** Set your overall goals. **2.** List the obstacles you foresee. **3.** List your solutions to the obstacles. **4.** Set timeframes for realistic achievements. Read more about her goal-setting guide online: [www.fitnessmag.co.za](http://www.fitnessmag.co.za)



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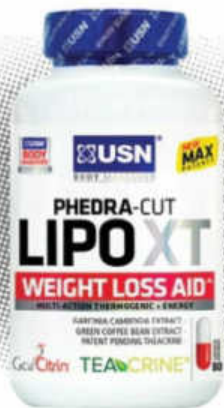




# PRODUCT REVIEW

REVIEW BY Angie Snyman, WBFF Pro

As I sit here and put pen to paper, I once again find myself blessed to be preparing for the WBFF Worlds in Las Vegas. By the time you get your hands on this copy the show would be over, the winners would've been rewarded and the preparation and refocus for next year would've already begun. This really puts everything in perspective for me because I'm sharing my nutrition secrets with you, not knowing the outcome, but being sure of the result. And that is what counts when it comes to your strategy! You need to be 100% sure that your approach is in line with your expectations so that you can deliver on your goal, and I've experienced nothing but improvements, year on year, with this supplement stack. Here are my favourite go-to products for a phenomenal physique...



## PHEDRA-CUT LIPO XT

I have been lucky to know that USN has been developing a brand new Phedra-Cut LIPO XT for some time. I've also been lucky enough to get my hands on the test batches as they have come out of production, so I can speak from a position of authority! All I can say is WOW! I've made use of other products in the past and have found that I'm very sensitive to caffeine, so I don't do well with the jitters. The new formulation still contains enough caffeine to stimulate my central nervous system and

pick up my mood, but USN has added some magic with the addition of a patent-pending theacrine called TEACRINE®. This makes the world of difference, with no jitters, longer lasting energy and an improved effect. The formulation also includes PHTYOFARE™, a green tea extract, along with green coffee bean extract and GarCitrin™ (garcinia cambogia extract). It's my new 'keep-lean' secret.

★★★★★



## CLA & RASPBERRY KETONE

I take CLA all year around, and I rotate between the soft-gels and the powders that USN offers. However, I cannot do without the CLA & RASPBERRY KETONE from USN. The flavour is amazing so I drink it with every solid meal that I eat. One advantage is that I also get additional water in, which is something that I often forget to do when I'm very busy. This is one of those 'look forward to' moments!

CLA, specifically Tonalin® CLA, has been shown to improve body composition which helps me to stay lean and toned all year around. With this approach I'm really only a matter of weeks out from my competition shape at any point throughout the year, and I credit a lot of that to this product.

Try it, I guarantee you'll love it!

★★★★★



## DIET FUEL ULTRALEAN

The reason I love this product is because it matches my calorie requirements for my mid-morning and mid-afternoon snacks. With 25g of easy-to-digest protein and a controlled 13.9g of carbohydrates per serving (including the fibre) to support sustained uptake and digestion, it keeps me feeling full for longer without spiking blood sugar. This is great to

keep my metabolism ticking over. I will take this as a mid-morning and mid-afternoon snack on the days when I struggle to meet my meal timing requirements. It's a perfect top-up snack and I really enjoy the variety of flavours so I never get bored and I always feel energised.

★★★★★

# girl POWER

## TALES FROM UNDER THE BAR

### Lifting stats

Squat PB: 126kg

Bench press PB: 75kg

Deadlift PB: 163kg



**IF WE CONSIDER STRENGTH AS THE PRIMARY INGREDIENT OF ATHLETIC PROWESS AND PERFORMANCE THEN THE THREE POWERLIFTING DISCIPLINES MUST SURELY BE THE DEFINITIVE MEASURE OF THAT PERFORMANCE.**

Sadly, many women who step into the gym environment are intimidated by the world of weight training, particularly amid all the misconceptions about training for increased strength. An irrational fear that they will develop bulging muscles or the social pressure of pursuing a physical endeavour that in the eyes of most doesn't fit the stereotypical description of lady-like behaviour keeps most women from ever building meaningful, functional strength. And then there is the sweating, so much sweating.

Yet, for those who have been brave enough to venture into the free weights section, they have seen the promised land; a life characterised by enhanced strength and mobility, greater vitality, more energy, a more shapely and 'toned' physique, and, often most importantly, a renewed sense of self-worth and a feeling of empowerment.

### POWER TO THE PEOPLE

And for some of these enlightened ladies their journey into the weights room has led them to the highly competitive world of female powerlifting. With fewer technical requirements than Olympic weightlifting, powerlifting offers the ideal platform to demonstrate your strength across three disciplines – the back squat, bench press and deadlift. The sum total of the best lift in each discipline determines the winner.

The first powerlifting competitions were organised in the early 1960s and the sport has experienced steady growth since then. It's now an international sport practised in around 100 countries. Men and women from 14 to 80 years of age compete in specific age-related and weight categories from the lowest 44kg women's class to the men's over 125kg class. Over 500,000 athletes are registered with the International Powerlifting Federation

(IPF) which governs competitions in the 92 member nations and enforces the banned substance abuse policy.

### BREAKING THE MOULD

The definition of femininity has changed drastically over the years. The 'damsel in distress' stereotype is no longer the accepted standard. Few women in the modern era want to be associated with this stigma.

Women today want to be independent, strong and capable. Some choose to achieve this status through their careers or successfully balancing family and work life. Others prefer to be a bit more literal in their approach, choosing to move massive weights in the gym to build bodies they can be proud of and shed their 'weak' label.

Lifting weights, in the correct manner and with proper form, delivers numerous physical and psychological benefits; it increases bone density, builds shapely muscle, and develops both physical and mental strength. And no, it doesn't make you big and bulky. Anyone who invests the time and resources into researching heavy weight

lifting for women will find sufficient proof that big, bulky female physiques are only built through the abuse of steroids or, less often, the high-volume workouts of CrossFit.

Most women who start powerlifting, be it for competitions or merely to improve their strength, end up feeling and looking better than they ever have, often weighing less than they did before they started.

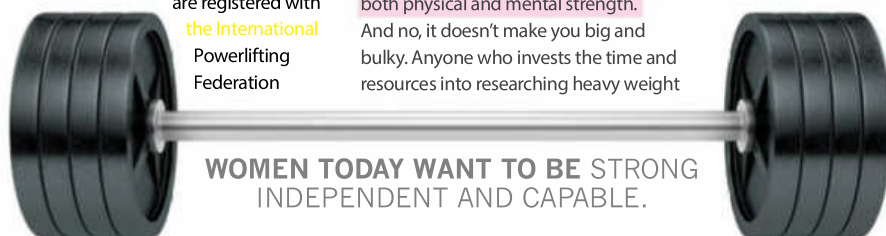
While it is possible to create an aesthetically pleasing physique with a more conventional approach to weight training, there is something special about looking good, with the strength to go with the body. The three powerlifting exercises also form the basis for numerous other complex compound lifts. By training to perfect them you will enhance movement efficiency and this enables lifters to progress to other forms of intense weight-based training with a solid foundation.

### A CASE IN POINT

My powerlifting journey started after I was forced to stop CrossFit due to injury. As I got more serious, taking part in numerous competitions, including CrossFit African Regionals in 2013, the rigorous training, which at times was twice a day, five days a week, unfortunately led to a few injuries. It was then that I took the hard decision to give up CrossFit as I rehabbed myself back to health. At the time I set myself another goal, which was to develop my strength further, which was my weak link at the time.

I enrolled at The Yard Athletic under the guidance of owner Scott McIntosh, for conditioning and rehab, and Joshua Capazorio for the strength training and lifting components. To avoid further injury to my elbow I did a lot of squatting and deadlifting to start while doing my other rehab and conditioning work. A month later I had already improved my CrossFit personal best (PB) in the deadlift, from 127kg to 150kg. That's when Joshua identified my natural ability to lift heavy weights. By the end of August that year I started

*There is something special about looking good, with the strength to go with the body.*



**WOMEN TODAY WANT TO BE STRONG  
INDEPENDENT AND CAPABLE.**



bench pressing and within two months had set a PB of 75kg.

It wasn't all smooth sailing though. That November I got pinned under 90kg during a squat session. My hips gave way under me for some reason at this relatively light weight, which knocked my confidence. I therefore had to start rebuilding my squat strength from scratch to overcome this new fear that totally consumed me. I would freeze up if Joshua wasn't standing behind me, so I had a huge mental challenge to overcome, in addition to the physical one.

This incident drove home the importance of working on the psychological aspects with regard to this type of lifting. One has to stay focused at all times, be positive and a little aggressive even. To help me face my demons Joshua decided to enter me into my first powerlifting competition, which took place in February 2015. Faced with this challenge I was forced to overcome my demons, and I'm glad I did as I regained my confidence and ended up qualifying for the South African Championships.

The South African Championships, which would be only my second competition, took place in Potchefstroom at the end of March, a mere 10 months after starting my powerlifting journey. I took second place in both the Open and Masters 1 divisions in the 57kg category, and I ended up breaking the SA deadlifting record at 158kg. From this competition I was selected to represent South Africa as part of the national powerlifting team. I am currently training for the Powerlifting Commonwealth Championships in Vancouver, which take place in December.

## EATING FOR MORE POWER

**One additional challenge I have faced, albeit self-imposed, is maintaining a vegetarian diet throughout this process.** I have been a vegetarian for over 10 years now and I can honestly say it has taken years to master how to eat correctly as a competing athlete. Proteins are the building blocks of muscle and are the key constituent in any power athlete's diet. If you don't eat enough protein when you train in this fashion you will only succeed in breaking your body down.

*I am living proof that lifting heavy weight is possible for almost any woman and that it doesn't make you bulky.*


My protein intake consists of whey and casein protein powders, cottage cheese, eggs, tofu, nuts, and rice or legume combos. I also eat a lot of cruciferous veggies, drink plenty water and, of course, I take a stack of vitamins, minerals and

supplements.

This way of eating has meant that I have always had a fairly lean body, something I have managed to maintain since adding powerlifting to the mix. I am living proof that lifting heavy weight is possible for almost any woman and that it doesn't make you bulky. It has taken me a long time to get that message into the heads of my female clients, but there is no longer any doubt in their minds that the best results in terms of transforming your body shape and losing fat come from lifting heavy weights.

That's not to say my body hasn't changed since I started powerlifting. I certainly have a bit more muscle, especially on my legs, in addition to a great deal more strength, but it hasn't impacted on my femininity in the least.

But beyond that the greatest growth has been in the form of my mental strength. It is extremely challenging from both a physical and mental perspective to move such large weights. Until you are under that bar yourself, feeling that immense weight on your shoulders, it is hard to understand the mental fortitude and self-confidence that is required to lift weights in this manner. Every day at training I have to work through some form of mental struggle, but that simply makes me a stronger person in all aspects of life.

Powerlifting has changed my outlook on life; it has changed my mental fortitude and it has changed me physically, but all for the better. My greatest desire in life is to expose as many women as possible to benefits that this way of training can offer. 

## POWERLIFTING 101



### DEADLIFT

Standing over a loaded bar on the platform floor, the athlete drops down and grasps the bar. At the referee's command the lifter pulls the weight off the ground, using either a sumo or traditional stance. The lifter is required to reach an upright standing position with their knees locked and their shoulders back while still holding the bar. At the referee's command the bar is then returned to the ground under control.

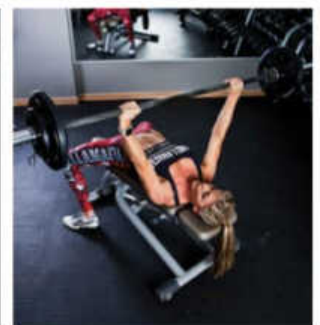
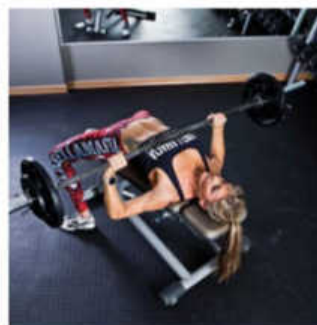


### THE SQUAT

An athlete starts by unracking a loaded bar and standing upright with it on the back of her shoulders. At the referee's command the lift begins. The athlete then bends their knees and hinges at the hips to lower herself into a squatting position with the hips slightly below parallel. The lifter then returns to the standing position. At the referee's command the bar is returned to the rack to complete the lift.

### THE BENCH PRESS

Lying on a bench the lifter takes the loaded bar off the rack and holds it at arm's length above her chest. At the referee's command to "bench" she lowers the bar to her chest with a visible pause at the bottom of the movement. At the referee's command to "press" the bar is then pushed up until both arms are locked out at the elbows. The bum must remain on the bench at all times. At the referee's command the bar is then returned to the rack.



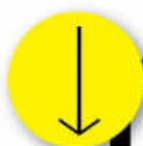


TEN YEARS AND 61 ISSUES AGO **fitness** MAGAZINE LAUNCHED AS A STANDALONE TITLE FOR THE BURGEONING COMPETITIVE FEMALE PHYSIQUE MARKET.

# THEN & NOW

## CELEBRATING 10 YEARS OF PUBLISHING SOUTH AFRICA'S FAVOURITE FEMALE HEALTH AND FITNESS MAG!

*Initially published as a free magazine bagged with Muscle Evolution, **fitness** magazine became a standalone title as a result of the industry response, and an institution in the local market was born. This is how the content, design and physiques portrayed in the magazine have evolved.*



### FITNESS IN SOUTH AFRICA: THEN AND NOW

**F**lip through the pages of any edition of **Muscle Evolution** magazine over the last 12 years and you'll find that ladies have been stepping on to the competitive stage for just as long as the guys. However, back then the look was vastly different.

Categories consisted of the technical Fitness division – a routine-based division that combined elements of physique enhancement, displays of strength and gymnastics. At one point this was the most popular division among the women, and gave rise to South

Africa's most iconic fitness athlete, **Nicole Seymour**. The other divisions were more physique oriented, with line-ups such as Body Fitness, Women's bodybuilding and the Physique categories. The latter were extreme in the type and degree of physique development that was rewarded on stage, which meant interest from the mainstream market was low.

In an effort to broaden the appeal of these shows and introduce the healthy and fit lifestyle that was synonymous with the industry at large, a number

of pageant-type events and showpieces hit the local market and became a resounding success.

Events like the Exergise Dis-Chem show, Fame, Mr & Miss Fitness SA and Body Beautiful delivered a spectacle – beautiful bodies strutting their stuff on stage in swimsuits and, sometimes, evening wear.

These shows coincided with a renaissance in the local gym industry as big-name global and local brands began their aggressive expansions of gyms in South Africa. The supplement market was also becoming

big business in South Africa at the time and these rapidly expanding companies were looking for attractive athletes and models who could represent their brands. As a result training for aesthetics was alive and well in South Africa, and **fitness** magazine was the foremost source of relevant and informative content in that regard.

With the continued growth in appeal of the pageant-type shows the world's biggest bodybuilding federation also got in on the act when, in 2010, the IFBB added the Bikini division to



The 1st issue of **fitness** magazine goes on sale!

SEPTEMBER  
2005



We launch the first **fitness** cover model search competition, with Tony-Marie Cosh as winner.

JANUARY  
2006



USN comes on board as the main sponsor for the Face of **fitness**

SEPTEMBER  
2009



The IFBB adds the Bikini division to all competitions.

MARCH  
2010



IFBB splits the Bikini division into Beach Bikini and Fitness Bikini.

JUNE  
2011



The 1st issue of **fitness** His Edition goes on sale.

SEPTEMBER  
2012



The first issue of **FATLOSS** annual goes on sale.

DECEMBER  
2012



The WBFF SA changes the competitive landscape with its inaugural show.

JULY  
2013



their line-ups. The other federations soon followed and the competitive stage finally had a line-up that appealed to the broader female market.

And with the big international names as their motivation, such as Monica Brandt, Jamie Eason, Jennifer Nicole Lee, Jessica Paxson

Putnam, Ava Cowen, Kasie Ray, Amanda Adams, Kim Dolan Leto and Jen Jewell who have all graced the cover of **fitness** magazine, the brand continued to build a loyal following of readers who are serious about their training, nutrition and supplementation.

“The discussion around the role of carbs and fats in healthy diets has changed tremendously over the years.”

## DIETS: THEN AND NOW

In much the same way that training programmes have evolved, so has our approach to eating. While the key message of managing your daily calorie intake hasn't changed, the finer details like macronutrient ratios, timing and manipulation have evolved over the years.

A decade ago everyone followed the conventional nutritional advice of low-fat eating for weight management and weight loss. Protein intake has and always will be important, but the discussion around the role of carbs and fats in healthy diets has changed tremendously over the years.

While low-carb diets are not new, with **fitness** magazine featuring articles on the South Beach diet and the Atkins diet as far back as 2007, the trend hit the mainstream in 2013 when the Banting diet advocated by Prof. Tim Noakes became such a hot, controversial topic. While not everyone is in agreement about the need to add so much saturated fat into our diets, what has become clear is the damage that sugar, processed carbs and other synthetic foods has on our bodies and our health.

For these reasons macro-nutrient manipulation tools such as carb cycling have become popular among competitive athletes and fitness models alike. There is no doubt that the diet trend is moving towards fewer carbs, giving rise to popular trends such as Paleo or caveman diets and a resurgence of the low-carb diets already mentioned, with additional techniques such as intermittent fasting and carb backloading also growing in prominence.



## WORKOUTS: THEN AND NOW

While the type of conventional isolation training that dominates bodybuilding is still a core focus for anyone interested in enhancing their physique, be it for the stage or the beach, the type of training being done in gyms across South Africa has evolved.

As early as 2007 **fitness** magazine began incorporating the functional training trend into workout features, with **Nicole Seymour** a key advocate for this type of training. Popular isolation moves were combined with key compound moves to help burn calories and blast fat while also improving strength and adding sexy muscle.

Since then we have introduced readers to the world of strength and conditioning, metabolic conditioning and the high intensity world of **CrossFit**. Today's gym environment is often a blend of elements from all of these popular training modalities, but the basics for building better bodies have remained at the core of every programme shared in the magazine.



NICOLE SEYMOUR  
Now competing in CrossFit



HANNEKE DANNHAUSER  
Warrior Race champion

TODAY'S GYM ENVIRONMENT IS OFTEN A BLEND OF ELEMENTS



# THE BIKINI PHYSIQUE: THEN AND NOW

To illustrate the evolution of the female physique, and the updated approaches our previous cover models are now using to sculpt and maintain them, we caught up with three previous cover models to get their insights...

2009 FAME INTERNATIONAL  
Montreal, Canada



RIANNE APPEARED ON  
COVER NOV/DEC 2008  
AND MAR/APR 2010

## RiAnne Rautenbach

(nee Hall)

2-time *fitness* cover girl and  
Fame pro card holder (2008)

I've had many wonderful and busy years since I last featured in *fitness* mag. I'm still involved in the health and fitness industry as it's part of my life and it's what I'm passionate about. Over the past few years I have worked as a national and international nutritional brand ambassador, spokesperson and wellness expert, doing various radio talks and interviews. I now travel the country nationally doing motivational talks on lifestyle, exercise and nutrition, and finding the balance between the three. My husband Selwyn (yes, I got married since my last feature), who also built a career in the fitness industry by owning various wellness centers, now helps me run a wellness lifestyle programme called "Love your Life". We educate and motivate people from all walks of life on how to achieve and conform to the ultimate balanced lifestyle.

In terms of my approach, I feel that I have a more balanced, sustainable approach and that I'm now more in harmony with my body than ever before. It's a way of life for me and I no

longer stick to regimented plans. I fine-tune according to what my body requires to ensure ultimate health and wellbeing, with a sharp mind and lots of energy.

I now believe that a healthy body and happiness, together with a positive mind equates to a happy soul. I feel like I can just be me and experience everything in moderation. I now enjoy an array of healthy yet delicious meals, and only splashes of treats here and there. I consider my body a temple and believe you are what you eat. I feel best when I eat well and I function better with boundless energy. I love to have a healthy glow which indicates all-over wellbeing. I have chilled out a lot with regard to my approach to eating, especially if I'm not competing.

I still enjoy resistance training with high sets and repetitions. I train more with free weights these days, which is an approach I adopted when preparing to compete on the international stage. My amazing mentor and trainer Chris Scott taught me so much in this regard and helped me to prepare for **Miss Universe** in 2011, where I placed fourth. I also won the **Miss SA Toned Bikini** title in 2011. I also like to change the environment in which I train regularly by heading outdoors for cardio such as brisk walks along our beautiful Durban beachfront.



## Jennifer Nicole Lee

July/August 2010 cover

Since my feature in 2010 I've been extremely busy with several different fitness and wellness projects. I even starred in a blockbuster movie called 'Pain & Gain' which was directed by the iconic Michael Bay and featured Mark Wahlberg and Dwayne Johnson.

My JNL Fusion exercise DVDs and workout video downloads have been a phenomenal success and we at JNL Worldwide, Inc get tons of emails from ladies who want to share their weight loss success stories.

I recently released my eleventh best-selling book called "When you are stuck in a rut & need a motivational kick in the butt, READ THIS BOOK". My next book is already in the pipeline and will be available from [www.JenniferNicoleLee.com](http://www.JenniferNicoleLee.com).

I hosted a JNL Euro Conference in the UK, and plan on going back soon. I'm now working on my latest female fitness digital download called [www.JoltOfJNL.com](http://www.JoltOfJNL.com). I film every week for this new digital product, giving celebrity fitness tips on fashion and beauty, food and nutrition, workouts and exercises and, of course, loads of motivation and inspiration.

To stay in shape I still do my certified workout method called JNL Fusion, but I also like to mix it up these days. I may go to the gym and lift heavy, or I may head to the ocean for a swim. I also enjoy walking, running, yoga, and dancing.



Free eBook



**"Crack the Code"**

UNLOCK YOUR FAT BURNING AND  
WEIGHT LOSS POTENTIAL

In terms of my approach to eating I still enjoy everything in moderation – I love a glass of red wine or champagne once and a while! However, I have relaxed a bit in terms of my diet. I used to be very strict in my competition days, but now I'm a 'flexible dieter', enjoying healthy foods without worrying too much if I eat a few too many calories or have a cheat meal.

For more on JNL see:

📱 @JNLWorldwide  
[www.JenniferNicoleLee.com](http://www.JenniferNicoleLee.com)  
📖 "Your success is my success!" – JNL



## Loretta de Moor

2-time cover girl

**S**hortly after being featured on cover 10 years ago I left Cape Town and moved to Johannesburg to pursue a few amazing entrepreneurial opportunities. During this time I worked for USN, Primedia Unlimited, GL Events, owned a Florist in Bryanston, and started Elite Signature Projects which does shop fitting, and is an infrastructure and furniture supplier to the events and exhibition industry. I currently own **Ultimate Woman Personal Online Health, Fitness and Lifestyle Coaching**, designing weight loss regimens using cutting-edge tools to monitor and track progress online or on our bespoke app.


I also became a mom to a beautiful daughter three years ago. However, I managed to put on 26kg following my pregnancy. I wasn't happy with the way I looked after the pregnancy, so my approach to training and diet went through its most recent evolution at that stage.

Because of my work schedule I have learnt to adjust my training schedule to meet my time constraints. My



training now varies from general weight training to moderate-intensity cardiovascular exercise. I focus on supersets and compounded sets to get more out of every workout as I only train once a day – not the three-per day routine I followed in my younger years. I also focus on specific areas more frequently such as quads, glutes, hamstrings and abdominals. This year I have also incorporated explosive (plyometric) training and short rest periods into my routine to incorporate strength training and cardio into one quick session.

In terms of my diet, I have transformed my relationship with food, embracing an eat-clean philosophy. I now eat small, more frequent meals combining good proteins, low GI carbohydrates and a moderate amount of healthy fats. I try to eat at least four times a day. I have also taken a more scientific approach to my diet – by merely cutting my calorie intake by 15% I was able to lose all that baby weight in three years.

I supplement this approach to eating with a thermogenic fat burner from Cipla Nutrition called Lipo Blast MX and I also use the company's whey protein.

I also believe that lasting health and fitness starts from the inside with our emotions. Whatever you believe about yourself on the inside is what you will manifest on the outside. I therefore incorporate this holistic approach into my own life and that of my clients. 

**For more information**  
[www.ultimatewoman.co.za](http://www.ultimatewoman.co.za)

 LorettaJoubert  
 @lorettaMoor



LORETTA APPEARED ON COVER TWICE IN 2006!



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# andreaia

## BRAZIER

### 4 X WBFF WORLD CHAMPION

**A**NDREIA BRAZIER IS YET ANOTHER FITNESS SUPERMODEL TO COME OUT OF THE PHYSIQUE FACTORY THAT IS BRAZIL.

She burst onto the international competitive fitness scene in 2012 when she won her pro card in Denmark, and then went on to win the first of her four consecutive WBFF World Championship titles. With that she cemented her place in history as one of the greatest Diva Fitness athletes of all time. That is also why South African fitness fans were so excited to see her in the flesh at the 2015 WBFF SA Spectacular, which is when *fitness* magazine got an exclusive interview with this fitness superstar.

PHOTOS BY Richard Cook | DRESSED BY [www.boostgymwear.co.za](http://www.boostgymwear.co.za) | MAKE-UP BY Rene Ferreira  
STAGE PHOTOGRAPHY BY Soulby Jackson, ([www.skjphotography.co.za](http://www.skjphotography.co.za))



**Tell us about your trip to South Africa. What did you think of the country and what was the experience like?**

I simply loved our trip to South Africa. I really enjoyed the safari and the local arts and crafts. The people of South Africa were very kind and hospitable. I would definitely go back to experience a few more thrills and adventures.

**You're the second fitness superstar from Brazil to visit South Africa in as many years after Bella Falconi visited here in 2014. Why do you think Brazilians are so successful in creating some of the world's most desirable physiques?**

I usually hear people complimenting Brazilian women for their beautiful faces and curvy physiques, which I'm proud of. Perhaps we just have more going for us from the start?

**What made you decide to step on stage for the first time and why did you choose the WBFF to do so?**

Back then I lacked motivation and was looking for new challenges. I therefore decided to step on stage and compete. I chose the WBFF because the federation had a different vision and brought something unique and exciting to the stage. It is the only brand I identified myself with and I feel that I truly belong to this form of competition.

**How does the WBFF South Africa compare to the other WBFF shows you've attended?**

The WBFF SA Spectacular is by far the most well-supported show. It is the biggest amateur show with the highest level of marketing and production behind it. The WBFF team in South Africa have set the bar high and their hard work is definitely paying off.

**Why would you suggest that aspiring physique athletes compete on the WBFF stage as opposed to other federations?**

I compete with the WBFF because I'm happy with their style of competition. They are spreading the right message of beauty, health, lifestyle, fitness and fashion, with a strong focus on the mainstream market to show everyone that it is possible to be the best version of yourself. No other federation has mastered that. But in the end athletes must go where they feel most comfortable.



### About Andreaia

**Born:** Porto Alegre, Brazil

**Lives:** Dubai, United Arab Emirates

**Home gym:** 24 Fitness Gym

**Sponsors:** A1 Lifestyle

**Most notable achievements:** WBFF World Champion from 2012 to 2015

**What does a typical day in the life of a four-time WBFF world champion consist of?**

Sleep... work... workout... repeat.... I have a normal, well balanced lifestyle; I work out 4-5 times a week, and I work hard and focus on growing my business too. On weekends I love to rest up and pamper myself. I also make time to hang out and go out with my circle of like-minded friends. I also love travelling.

**What is your preferred approach to healthy eating and nutrition?**

I eat real foods and the overconsumption of any kind of processed food is strictly avoided. The best choice of foods are fresh produce grown in natural, organic soil – fruits and vegetables – and fresh lean meats. I focus on eating a healthy diet all year long rather than following strict, restrictive diets to prepare for a competition. After all, this is a lifestyle for me.

Andreaia's guest appearance at the 2015 WBFF SA show



### How then does your approach differ between contest prep phases and the off-season?

It doesn't differ much, I just decrease the amount of food I eat when I'm preparing for a competition and I cycle my carb intake. I only consume carbohydrates from vegetables during this phase. I also increase my training frequency from four to six sessions per week.

### Who helps you with your stage prep?

In terms of diet and training, I do all the planning myself as I listen to my body and I know what it needs to reach its full potential. With regard to my costumes, my friend Alex Davey is the one who designs them as she understands what elegance looks like on stage and what would capture the hearts and minds of the audience and judges.

### What is your weekly training split?

My weekly training is focused 75% on legs, and 25% on my upper body. I also train abs at every session. The training routine that works best for me is the type of weight training that I've been practising for over 20 years now. Switching to weights is the best thing I ever did. My three favourite exercises are squats, lunges and rows. They deliver quick, effective results as these exercises target big, major muscle groups. This helps you build a better structure with well balanced definition, and they burn body fat for longer periods during the day as they're more metabolically demanding.

### What are the important training philosophies or principles that you follow?

**Listen to your body.** Focus on what you are doing rather than looking around. Focus on your form rather than the amount of weight you're lifting. Always remember that a healthy body is reflective of a healthy lifestyle, so make wise choices.

#### FOR MORE INFO ON ANDREA:

12 week body weight ebook:

[www.andreiaebook.com](http://www.andreiaebook.com)

Instagram: [@AndreiaBrazierModel](#)

Facebook: [andreiabrazier](#)

Check out some of my videos on my official YouTube channel or on Vimeo.

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### What are your top training tips for women who want to achieve a similar physique to yours, particularly your legendary midsection and abs?

Implement whatever changes are required to improve your lifestyle. Always remember that creating a better body requires a balance between training, your lifestyle and your nutrition. With these aspects in place you will definitely achieve a better you.

### What supplements do you use and why?

About 40 minutes before I go to the gym for my weight training I take BCAAs, which my muscles use directly for fuel, and to rebuild and repair

muscle tissue. The more intense and longer my workouts are the more BCAAs I take to sustain my energy levels and intensity, and to limit muscle loss. I also like to use L-carnitine because it shuttles fatty acids from the blood into the mitochondria in muscle cells so that they can be used as energy during my workout. This product also helps reduce the accumulation of metabolic waste products, which speeds my post-workout recovery. Muscle carnitine levels are also rapidly depleted during exercise, which is why L-carnitine supplementation is a must for me. L-arginine helps with blood circulation and gives me better muscle pumps during training. It also stimulates the release of growth hormone, which increases muscle mass while reducing body fat, and also speeds up my post-exercise recovery. It also helps to boost my immune function. I take glutamine because it helps to spare muscle loss and aids recovery; it keeps my immune system strong after intense exercise; it improves my mental focus during my workouts; and it also aids digestion. Spirulina helps me lose fat, tone and improve my skin. It also assists in the growth and development of lean muscle mass, particularly because of its extremely high ratio of bioavailable protein. In addition, it helps improve my mood, boost my memory, and keeps me calm and happy, even when I'm dieting down for a show.

**THE MORE INTENSE AND LONGER MY WORKOUTS ARE THE MORE BCAAS I TAKE TO SUSTAIN MY ENERGY LEVELS AND INTENSITY, AND TO LIMIT MUSCLE LOSS.**

I take supplements because I feel that they deliver faster results and improve recovery. I feel more energised daily, enjoy greater immune system function and have loads of strength to lift the weights I do and get on with my demanding active lifestyle. They also help me train more times per week for longer periods of time without getting sick or losing lean muscle. My nutritional approach in combination with my supplement plan is extremely important to ensure I lose the extra body fat needed to look fabulously shredded on stage. During my 12-week stage prep phase I follow my nutritional plan in combination with my supplement plan 100% as it helps to keep me focused.

### ANDREIA'S SUPPLEMENT STACK

#### BEFORE WORKOUTS:

BCAAs 6000mg  
L-carnitine 1500mg  
L-arginine 3000mg  
Glutamine 5g  
Spirulina 2000mg

#### AFTER WORKOUTS:

BCAAs 6000mg  
L-carnitine 1500mg  
L-arginine 2000mg  
Glutamine 5g  
Spirulina 2000mg  
Whey protein powder – 1 scoop

### WHAT DO YOU LIKE TO DO TO RELAX?

I love being in nature – on beaches or in parks, but only if the weather is good. Otherwise you'll find me in the spa or shopping.

### WHAT ARE YOUR PLANS FOR THE FUTURE?

This year's WBFF World Championships will be my last competition. I'm moving forward in other aspects of my life, which includes expanding my family. But this doesn't mean that my wisdom and perspective with regard to a healthy lifestyle will change. I will still continue widening and evolving my vision, mission, goals, wisdom and perspective in this regard. And I will continue to help people improve themselves through my consultancy A1 Lifestyle with the same enthusiasm and dedication I always have.

### QUICK FACTS:

#### Favourite music to train to:

Motivational songs, rock music.

#### Favourite exercises?

Abs and leg training.

#### Favourite cheat meal?

Bread and cheese cake.

#### Favourite holiday destination?

Various destinations. It all depends on the weather and seasons. I love adventure.

### WHAT'S IN YOUR GYM BAG?

Personal belongings, supplements and healthy foods and treats.







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NATHALIA MELO

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# SPRING CLEAN YOUR DIET

**E**ven if you were diligent throughout winter and kept the calorie content of your diet low with healthy food choices there are still a number of common winter warmer meals that you can swap for healthier spring alternatives.

And it's not just about the food choices we make in winter, but also correcting the imbalances we create by omitting important food groups during the colder months. A lack of 'living' food, for instance, due to a lack of salads and other fresh, raw foods such as fruit, means our bodies may be lacking nutrients and important enzymes. This can be further exacerbated following common winter illnesses, especially those that required antibiotics to treat.

*So, to get your health, vitality and energy levels back on track for the warmer months that lie ahead try a few of these easy food swaps to spring-clean your winter diet...*

**HEALTHY FOOD SWAPS TO GET YOUR SPRING TRANSFORMATION OFF TO THE PERFECT START.**

SWAP  
WITH

**COMMON WINTER OPTION:** DAIRY MILK CHOCOLATE

## MOUSSE

### Ingredients:

- 1 avocado
- 3 tablespoons cacao/cocoa
- 1/4 cup honey/maple syrup
- 1 tablespoon virgin coconut oil, melted (optional if you're using a chocolate bar)
- 3-4 tablespoons nut butter
- 1/2 cup milk or as needed
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 1/8 teaspoon cinnamon
- 1/3 cup dates

### Method:

1. Blend all ingredients in a food processor until mixture is smooth and thick.
2. Place in the fridge to set.
3. Spoon mousse into a serving glass.
4. Place back in for an hour or more.



**WHY:** Everyone needs some comfort food in winter and there are few things as satisfying as enjoying a bar of milk chocolate while snuggled under a winter blanket. However, the milk chocolate is packed full of processed sugar and is devoid of any nutrients. Cacao, on the other hand, is packed full of antioxidants, vitamins and minerals. You will need to use the cacao in a recipe as it has a naturally bitter taste, but the options are endless. Try this amazing cacao chocolate mousse for instance...



**COMMON WINTER OPTION:  
FULL CREAM LATTE**

## GREEN TEA

**WHY:** Green tea will still deliver the caffeine kick your body has become accustomed to, but without all the calories. The green tea is also packed full of healthy natural antioxidants, along with various other beneficial compounds that aid fat metabolism.

SWAP  
WITH



## SPRING-TIME SEASONAL PRODUCE

Try to add more local seasonal produce to your diet during spring as these foods offer the most nutritional value. Seasonal foods also taste better, especially if you can source them direct from the farmer at organic produce markets.

The more common seasonal foods available in South Africa during September and October include:

Apples



Nectarines



Avos



Oranges



Bananas



Papaya



Coconuts



Pears



Dates



Pineapples



Grapefruit



Sweet melon



Guavas



Strawberries



Lemons



Cape

Naartjies



gooseberries



*Get your health,  
vitality and  
energy levels  
back on track.*

**COMMON WINTER OPTION: ROLLED OATS  
WITH RAISINS AND CINNAMON**

SWAP  
WITH

## CHIA SEED PUDDING

### Ingredients:

Almond milk (home-made is better than store bought. Opt for unsweetened or natural options if buying)

Chia seeds

Nut granola

Raspberries, strawberries, blueberries and blackberries

### Method:

1. Soak the chia seeds in the almond milk until mixture forms a creamy texture.
2. Add berries on top of mixture.
3. Add a sprinkle of nut granola on top.

**WHY:** CHIA SEEDS ARE PACKED FULL OF FIBRE, ALPHA-LINOLENIC ACID, OMEGA-3 FATTY ACIDS, and calcium, magnesium, selenium and iron





BY PEDRO VAN GAALEN, Managing Editor  
ADDITIONAL REPORTING BY Devlin Brown

**Low-carb, high-fat diets aren't for everyone. In fact, there is still a great deal of uncertainty about the long-term effects of these diets, and constantly training at high intensities in a glycogen-depleted state.**

However, more and more people are accepting that insulin is a major cause of many of our health problems today, and that an overconsumption of carbohydrates, as well as all the sugar we consume in modern food, has led to the current situation.

Accordingly many people are left

looking for the middle ground; a dietary compromise that offers the right balance of carbs, fats and protein to fuel their active lifestyles, improve their health and assist them in losing weight and body fat.

Unfortunately for most who turn to experts for help, the term 'balanced' often gets taken too

literally, as many dietitians and nutritional consultants still advocate eating a 'balanced plate' of food at each meal. This approach tends to underestimate the role insulin plays in fat storage and the hormonal cascade that follows a carb-laden meal which, over time, can ultimately lead to weight gain and various health issues.

# COUNT CARBS IN

IF KICKING CARBS IS NOT FOR YOU THEN WE HAVE THE SOLUTION!

## THE ROLE OF INSULIN

Insulin helps to control blood glucose levels by signalling the liver and muscle and fat cells to absorb glucose from the blood, where it is either used for energy production, or stored to meet future energy requirements. If the body has sufficient energy, insulin signals the liver to take up glucose and store it as glycogen. **When liver and muscle cell glycogen stores are full, any excess glucose is stored in fat cells.**

So then, what is one to do? Thankfully there are a number of dietary manipulation

tools at our disposal that can assist us in this regard. However, before we delve into the collective concept of nutrient timing, we first need to set the record straight on the type of carbs we should be eating.

## CARB QUALITY

Certain advocates of specific nutrient timing and carb manipulation tools feel that they are powerful enough to enable you to eat whatever form of carbohydrate you like, including massive amounts of sugar. However, these people are generally more concerned with body composition, paying little attention to the health implications of consuming massive amounts of sugar and processed carbs and simple sugars after an intense training session, and your focus shouldn't rest

solely on improved body composition.

As such, it's best to stick with natural, whole-food sources of carbohydrates, whether you're a physique competitor, an endurance athlete or just someone looking to transform your body. The closer your carbs are to their natural state the better they are for you. Most of these foods will consist of complex carbohydrates, a form which our bodies have been designed to digest and absorb efficiently, delivering a sustained release of energy.

Restock liver glycogen post-training by including carbs (like a banana) in your post-workout shake.

Look for whole-grain foods.

Healthy carb sources are high in fibre.



## TIMING YOUR INTAKE



The next important element is that of nutrient timing. Having established that a balanced diet does not mean dishing up the right portion of carbs, protein and healthy vegetables at every meal, as this continually spikes insulin, reducing insulin sensitivity over time and promoting fat accumulation, we need to a more strategic approach to our carb consumption. Stated another way, if your daily requirement is 300g of carbs, for instance, there is no reason you need to divide that up equally to be eaten with each of your five or six meals each day.

As carbs provide our most readily available source of energy – glucose – it makes sense to eat most, if not all of daily recommended intake before, during and/or directly after intense activity, be it exercise, races or activities in daily life. Following this approach ensures a good supply of circulating glucose in the bloodstream, which can be absorbed and used by muscles for fuel almost immediately, leaving little left over for storage as fat.

In addition, if you follow the correct guidelines, you should deplete your glycogen stores during the activity, to the point where you'll need to replenish them when you're finished. As such, carbs are a good accompaniment to post-exercise protein, and also help to get the amino acids into muscle cells quicker thanks to the insulin response. This aids recovery and helps to develop more shapely muscle.

Once you start to understand this basic process, whereby carbs serve mainly as a source of energy, and should therefore be used to either spare stored glycogen, or restore depleted glycogen reserves, one can start to manipulate your carb intake to aid performance, while still helping to drive weight loss and fat loss.



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*Laura Daniels*

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**USN**



THE CLOSER  
YOUR CARBS  
ARE TO THEIR  
NATURAL  
STATE THE  
BETTER THEY  
ARE FOR YOU.

## CARB BACKLOADING

**WHAT IS IT?** A nutrient timing approach that aims to manipulate the power of insulin in the fat storage process. John Kiefer, the creator of the carb backloading diet, believes that resistance training creates an environment in our bodies where we can take full advantage of the power of insulin to promote muscle growth, without much, if any, of the drawbacks associated with fat and weight gain.

Kiefer's reasoning states that weight training drops blood sugar, damages muscles that are craving nutrients and increases insulin sensitivity. And so, Kiefer claims, if you desist from eating carbs in the morning, when we are naturally more insulin sensitive, and then go without any carbs during

the day, which keeps you in a fat-burning state, you can train (preferably as heavy as possible) with weights in the evening, and experience a second bout of heightened insulin sensitivity.

**HOW TO DO IT:** Limit your carb intake to the period immediately after exercise, to ensure you have sufficient energy for the rest of your daily activities, and aid recovery, or fuel your next intense training session. You then moderate or limit your carb intake at every other meal of the day. This helps to make your more fat efficient by improving your body's ability to tap into stored body fat as a source of energy during activity, and also boosts insulin sensitivity.

Eat your daily recommended intake of carbs in the evening,

starting 30 minutes after training, until you go to sleep. Kiefer claims that because of the muscle damage and metabolic need to feed the muscles, the insulin that is spiked from the carbohydrates eaten after training will shuttle most of the glucose into your muscle cells, not your fat cells.

### WHO SHOULD USE IT:

If fat loss and/or weight loss are your goals, then carb backloading is a suitable carb manipulation tool that you can use to ensure you go through your day and train with minimal glycogen available for fuel, which will promote the use of stored fat, with the recovery and muscle-building benefits of carbs after your training session.



## CARB CYCLING

**WHAT IS IT?** Carb cycling involves structuring your carb intake over a set period, usually a week, alternating between days of low-carb intakes, moderate carb intakes, and high carb intakes.

By eating in this manner you're manipulating muscle glycogen stores in a way that promotes the metabolism of stored fat on the low-carb days, which should outnumber the high-carb days, while still benefiting from the recovery and muscle-building properties of carbohydrates on moderate and high-carb days.

The net result is you'll have lower glycogen levels for a few days following the carb reduction. This will boost your body's fat burning capabilities, which can be amplified with the right type of training – HIIT cardio or full body-weight training circuits for instance, or high volumes of steady-state cardio, some of which is done in a glycogen-depleted state, if you're an endurance athlete.

**HOW TO DO IT:** A typical week on a carb cycling diet may include one high-carb day, or re-feed as it is commonly referred to, with four or more low-carb days and one or two moderate carb days. The key is to drop carb intake low enough on the low-carb days to promote greater fat metabolism, which, over time, will develop great fat efficiency or adaptation.

If you choose to follow this technique, a gradual reduction in carb intake is advised. **A 33-50% reduction from what you currently eat is a good starting point.** After a week or two, or when you see your body has stopped responding to the reduced carb intake, take any two days out of the week and drop your carb intake to between 50-75g per day. The ideal time to start is during a rest day.

Adherents of this dietary protocol will generally schedule their high-carb days to coincide with their most intense training sessions, when their energy requirements increase, or when recovery demands are highest.

**WHO SHOULD USE IT:** Those who aren't taken with the idea of following a low-carb, high-fat diet 24/7, or find that carb backloading is still too restrictive for their active lifestyle. This is also an extremely popular dietary tool used by Bikini and Physique athletes to reduce body fat before a show.

*By using either one of these simple, yet highly effective dietary approaches, you can get the best of both worlds – the health benefits associated with improved insulin sensitivity, the aesthetic benefits of reduced body fat stores, sustained all-day energy, with a burst of carb-derived energy when you need it most, and you still get to enjoy the taste of what many consider their favourite food group.*





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USN's new Phedra-Cut Lipo XT, available from September, arrives just in time for the summer season. Developed to complement your lifestyle, by using the most researched and up-to-date raw materials to increase the thermogenic effect, as well as including the patent-pending TeaCrine™ to stimulating energy levels without the jitters. The perfect match for your weight-loss success!

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For 20 years the Hydroxycut name has been synonymous with result. Two decades in the making, new Hydroxycut Hardcore Next Gen features potent doses of key ingredients in unique, never-before-seen combinations to deliver the ultimate stimulant experience. It also contains green coffee for real weight loss results. Subjects taking the key ingredient in Next Gen lost 10.95lbs in 60 days with a low-calorie diet and 3.7lbs in an 8-week study with moderate exercise. Most thermogenic formulas don't have any scientific studies backing their weight loss ingredients, let alone two.



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# FULL BODY BLAST!

## THE LANDMINE

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## TOTAL BODY LANDMINE CIRCUIT

EXERCISE	REPS
Landmine front squat with push press	15
Landmine two-arm row (T-bar row)	15
Landmine reverse lunge	15
Kneeling shoulder press	15
Landmine Sumo squat	15
Lying one-arm press	15
One-arm bent-over landmine row	15
Standing knee drive	15
Woodchops	15

Perform one set of each exercise directly after the other, with no rest between exercises. Rest after completing one round, then repeat 3-4 times.

**T**HE LANDMINE is an inconspicuous piece of equipment that most of us would fail to notice in our local gym. However, this innovative tool is one of the most effective pieces of equipment for a full-body workout.

Normally attached to the bottom of large rigs or frames in your gym, or a standalone anchor as depicted in this workout feature, a landmine is basically a ground-based rotational training device with a sleeve attachment that can accommodate one end of an Olympic bar.

### THE BENEFITS

**The fact that one end is anchored to the floor delivers various benefits:**

- Work with free weights in a more controlled manner, which is generally safer,
- an anchor point promotes an arching movement, as opposed to a linear movement, which is beneficial for training complex joint structures such as your shoulders and hips,
- execute an entire workout with just one piece of equipment, making it the ideal solution to packed gyms and long lines at your favourite machines,
- adds variety to a workout,
- it's functional
- the rotational nature of the device incorporates your trunk muscles and core stabilisers in many of the movements.

*So, if you're looking for a new challenge, a quick way to get in a full-body workout, or an effective programme to take your physique or performance to the next level, landmine training is the ideal option for you.*

# EXERCISE GUIDE



A

## 1 FRONT SQUAT WITH PUSH PRESS

Stand upright and hold the anchored barbell with two hands at chest height. Perform a squat. As you reach the top of the squat movement press the barbell overhead. Return the bar to chest height and repeat for the required reps.

B

## 2 TWO-ARM ROW (T-BAR ROW)

Attach a handle attachment to the bar if one is available (pictured) and load a weight plate on the free end. Step over the barbell and face away from the landmine or anchor point. Squat down slightly and lean forward. Grab the handles in both hands, or hold the barbell below the plate with a staggered grip, and push your butt back. With your arms fully extended below you, maintain a flat back as you row the bar up to your chest. Lower the bar back down to the starting position under control and repeat for the required reps.

*Do not set the barbell down between reps.*

**FORM TIP:**  
Drive your elbows back, don't shrug your shoulders!



**YOUR HAMSTRINGS DON'T WORK ALONE: YOUR GLUTES PITCH IN, TOO.**

**FORM TIP:** Step back far enough that the knee of your front leg does not extend over the toes of your front foot.

## 3 REVERSE LUNGE

Holding the free end of an anchored barbell at shoulder height with two hands, take a large step back with one leg to perform a reverse lunge. Drop the knee of your rear foot almost to the ground. Extend your knee and hip and return your foot to the starting position. *Alternate sides until you complete the required reps.*







**ALTERNATIVE MOVE:** Perform the one-arm shoulder press in a standing position.

## 4 KNEELING SHOULDER PRESS

Kneel in front of the anchored barbell and grip the free end with one hand. Press it up and overhead to perform one rep.

*Complete the required reps on one side then swap sides.*

**FORM TIP:** Keep your chest up and your knees out in the deep squat position.

A



WORKING OUT SHOULD BE A LIFESTYLE: A CONTINUOUS PRACTICE TO FINE-TUNE YOUR DIET AND YOUR EXERCISE PROGRAMME.

B

## 5 SUMO SQUAT

Stand over the free end of the barbell, facing the landmine with a wide stance and your toes pointing slightly outward. Squat down and grasp the barbell with both hands. Stand up, keeping your arms extended below you and the barbell between your legs. Perform a sumo squat by squatting down until your upper legs are at least parallel to the floor.

*Return to the starting position and repeat for the required reps.*



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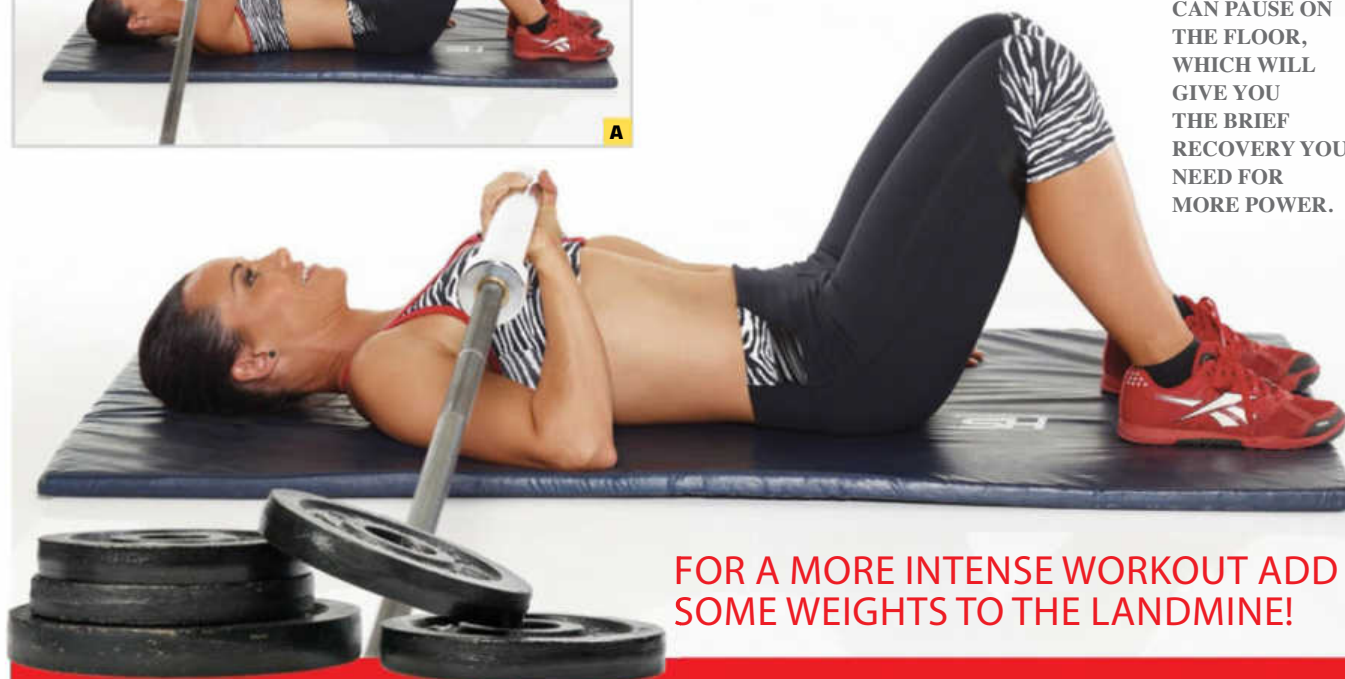


## 6 LYING ONE-ARM PRESS

Lie face up on the floor. Grasp the free end of an anchored barbell with one arm. Press it up to perform one rep. *Repeat for the required reps on one side before swapping arms.*



TO MAKE THE EXERCISE HARDER YOU CAN PAUSE ON THE FLOOR, WHICH WILL GIVE YOU THE BRIEF RECOVERY YOU NEED FOR MORE POWER.



FOR A MORE INTENSE WORKOUT ADD SOME WEIGHTS TO THE LANDMINE!

A



**FORM TIP:**  
Brace your core to stabilise your body and limit trunk rotation during the lift.

## 7 ONE-ARM BENT-OVER ROW (AKA MEADOW'S ROW)

Stand side-on to an anchored barbell. Grasp the end of the barbell with the hand closest to it. Hinge at the hips and bend over. Row the barbell up to your shoulder and then back down. *Perform the required reps before changing sides.*

B



USING A LANDMINE TO ROW WILL GIVE YOU A BETTER GRIP AND A BETTER RANGE OF MOTION.





## 8 STANDING KNEE DRIVE

Stand facing the landmine with the free end of the barbell in both hands. Press the barbell up overhead and move back behind the barbell. Set up in a staggered stance with one leg placed straight back. Pull the weight down and toward the staggered leg. As you pull the weight down bring the knee of the staggered leg up toward your chest. Pull the weight down and drive the knee toward each other. Press the barbell back up overhead and put the knee back down to the staggered starting position. *Repeat for the required reps before switching sides.*

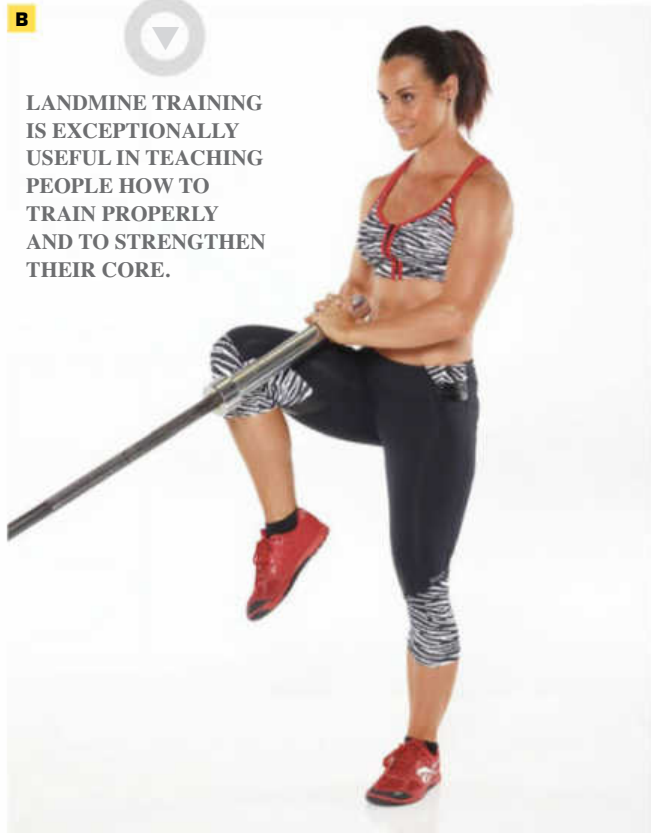


A

B



LANDMINE TRAINING IS EXCEPTIONALLY USEFUL IN TEACHING PEOPLE HOW TO TRAIN PROPERLY AND TO STRENGTHEN THEIR CORE.



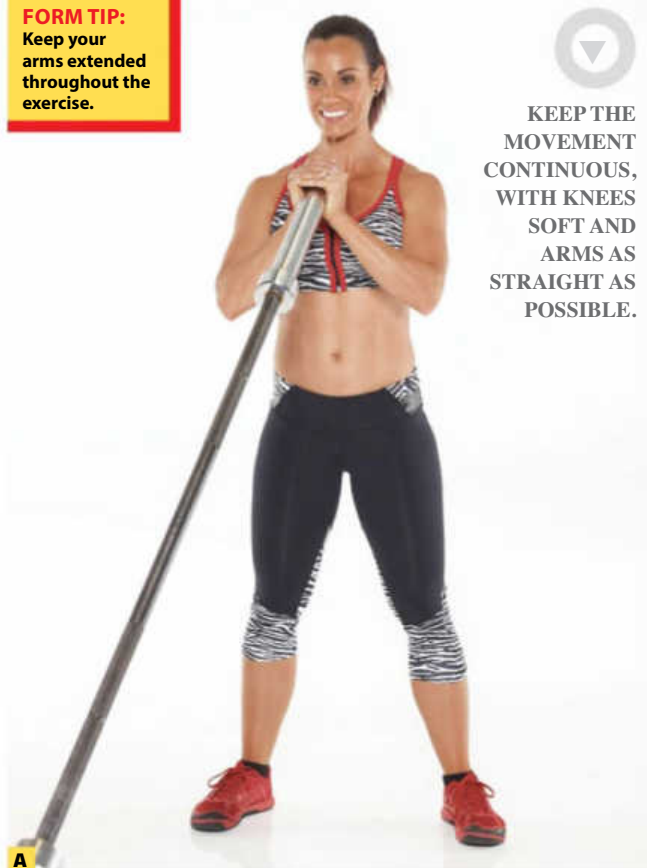
## 9 WOODCHOPS

Grasp the free end of an anchored barbell with both hands. Raise it to shoulder height with your arms extended in front of you. Position your feet in a wide stance. Rotate your trunk and hips as you swing the barbell down to one side. *Reverse the motion to bring the barbell back to the starting position, then repeat on the opposite side to complete one rep. Continue alternating the movement for the required reps.*

**FORM TIP:**  
Keep your arms extended throughout the exercise.



KEEP THE MOVEMENT CONTINUOUS, WITH KNEES SOFT AND ARMS AS STRAIGHT AS POSSIBLE.



A



B



C



SHOW REPORT AND  
IMAGES BY: Stehan Schoeman

The Supashape Diva Extravaganza is one of the most elegant and stylish ladies shows in SA.

WHERE: Cape Peninsula  
University of Technology,  
Bellville, Cape Town  
WHEN: 1 August 2015

POLE FITNESS ▼  
Natascha Oosthuizen



THEME FAIRIES ▼  
Corne van der Bank



OVERALL DIVA 2015 ▼  
Natascha Oosthuizen



# SUPASHAPE DIVA EXTRAVAGANZA

**S**he came, she saw, she conquered – Natascha Oosthuizen conquered three divisions and three overall titles to rightly take home the Diva crown at the second Supashape Diva Extravaganza, which took place in Cape Town on Saturday, 1 August 2015.

The Bloem-based athlete won the Ladies Fitness Bikini over 1.63m division, Pole Fitness (a new addition to the Diva show) and the Evening Dress category for ladies up to 1.66m. The seemingly unstoppable Oosthuizen then went on to claim the Fitness Bikini, Evening Dress and Overall Diva titles on the night.

Anje Pansegrouw, who was also in phenomenal shape, won the Novice Beach Bikini over 1.63m title. She placed second in the Ladies Beach Bikini division and also won the Ladies Beach Bikini over 35 years line-up. She had stiff competition in the Evening Dress over 1.66m line-up but managed to walk away with top honours.

Rachelle Havenga was once again unrivalled in the Beach Bikini under 1.63m line-up, a division she has dominated for a number of years now. Havenga also took first place in the Evening Dress up to 1.63m title. It came as no surprise then when she was awarded

the Overall Beach Bikini trophy.

Well-known Cape Town athlete **Bernadine Schwartz** won both the Ladies Fitness Bikini over 35 years and the Ladies Fitness Bikini under 1.63m titles.

**Corne van der Bank** brought her sparkling personality to the stage, winning the fairies theme round. She placed second in the Ladies Fitness Bikini over 163m division and finished in third place in the Evening Dress up to 1.66m category.

Feedback from the spectators for the new Pole Fitness division was overwhelming, with five athletes showcasing strength and poise during their routine.



**RACHELLE HAVENGA WAS  
ONCE AGAIN UNRIVALLED IN  
THE BEACH BIKINI UNDER  
1.63M LINE-UP, A DIVISION  
SHE HAS DOMINATED FOR A  
NUMBER OF YEARS NOW.**



**OVERALL  
BEACH  
BIKINI**  
Rachelle  
Havenga

**NOVICE BEACH BIKINI UNDER  
1.63M** Suzanne Wagener ▼



**NOVICE BEACH BIKINI OVER 1.63M**  
Anje Pansegrouw ▼



**LADIES FITNESS BIKINI OVER  
45 YEARS** Annie Bart ▼



**LADIES FITNESS BIKINI  
OVER 1.63M** ▲  
2. Corne van der Bank  
1. Natascha Oosthuizen  
3. Helene Lourens

**LADIES FITNESS BIKINI  
OVER 35 YEARS**  
Bernadine Schwartz ▼



**JUNIOR BEACH BIKINI  
UNDER 23 YEARS**  
Jeanie Kruger ▼



**NOVICE FITNESS BIKINI  
UNDER 1.63M**  
Tonya Vorobyova

**RESULTS:**

**NOVICE BEACH BIKINI  
UNDER 1.63M**

1. Suzanne Wagener
2. Lindsay Alves
3. Nicole Bull

**NOVICE BEACH BIKINI  
OVER 1.63M**

1. Anje Pansegrouw
2. Melody Fynn
3. Jeanie Kruger

**NOVICE FITNESS BIKINI  
UNDER 1.63M**

1. Tonya Vorobyova
2. Victoria Sherwell
3. Anne Marie Leslie

**JUNIOR BEACH BIKINI UNDER  
23 YEARS**

1. Jeanie Kruger

**THEME FAIRIES**

1. Corne van der Bank
2. Tonya Vorobyova
3. Natassja Janse van Rensburg

**LADIES BEACH BIKINI  
UNDER 1.63M**

1. Rachelle Havenga
2. Suzanne Wagner
3. Elizabeth Ferrigno

**LADIES BEACH BIKINI OVER  
1.63M**

1. Chantel le Roux
2. Anje Pansegrouw
3. Melody Fynn

**LADIES BEACH BIKINI OVER  
35 YEARS**

1. Anje Pansegrouw
2. Johna Craig

**LADIES FITNESS BIKINI  
UNDER 1.63M**

1. Bernadine Schwartz
2. Anne Marie Leslie
3. Victoria Sherwell

**LADIES FITNESS BIKINI  
OVER 1.63M**

1. Natascha Oosthuizen
2. Corne van der Bank
3. Helene Lourens

**LADIES FITNESS BIKINI OVER  
35 YEARS**

1. Bernadine Schwartz
2. Helene Lourens

**LADIES FITNESS BIKINI OVER  
45 YEARS**

1. Annie Bart

**POLE FITNESS**

1. Natascha Oosthuizen
2. Mia Ardene
3. Lina Louise

**LADIES EVENING DRESS  
UP TO 1.63M**

1. Rachelle Havenga
2. Suzanne Wagener

**LADIES EVENING DRESS  
UP TO 1.66M**

1. Natascha Oosthuizen
2. Marike Coetzee
3. Corne van der Bank

**LADIES EVENING DRESS  
OVER 1.66M**

1. Anje Pansegrouw
2. Chantel le Roux
3. Helene Lourens

**MISS PERSONALITY**

- Cornel Niewenhuis

**OVERALL BEACH BIKINI**

- Rachelle Havenga

**OVERALL FITNESS BIKINI**

- Natascha Oosthuizen

**OVERALL EVENING DRESS**

- Natascha Oosthuizen
- Natascha Oosthuizen
- Natascha Oosthuizen



Results and spelling as  
supplied by event organisers.  
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responsibility for incorrect  
information or misspelt names.

REPORT BY Werner Beukes, Deputy Editor  
PHOTOGRAPHY BY Soulby Jackson (www.skjphotography.co.za)

# 2015 IFBB MISS SA XTREME



**BEACH BIKINI U/35**  
▲ Leana Viviers

**T**he toned ladies of the IFBB owned the night once again at this year's Miss SA Xtreme held at Heartfelt Arena in Pretoria on Saturday, 18 July 2015. Competitors gathered in the capital city to vie for top honours at the fifth edition of this popular all female show.

Right from the start **Rose Smith** made her presence known on stage in the Beach Bikini under 23 division, which secured her the title against her nearest opponents, **Jessica Lovett** (2nd) and **Tanya Snyman** (3rd).

A shapely **Leana Viviers** relegated **Zinja Campher** and **Chandre Janse van Rensburg** to second and third respectively in the Beach Bikini under 35 years category. **Theresa Schoeman** won the Beach Bikini over 35 years division, while **Leana Viviers** got the nod from the judges to take the Beach Bikini Overall title.

**Cecile Swart** emerged triumphant in the Fitness Bikini under 1.63m line-up while the top spot in the Fitness Bikini under 1.68m category was handed to **Zea Meyer** for the outstanding quality and shape she displayed on stage.

In the Fitness Bikini over 1.68m division **Wourine Brink** faced off against **Inka van Ryn** (2nd) and **Inra Eichorn** (3rd) to claim the top position.

Neither runner-up **Philna da Silva** nor **Angela Howden** (3rd) could match the superior lines and confidence of winner **Dalene Crosson** in the Fitness Bikini over 35 years category. **Wourine Brink** boosted her fitness profile further by winning the Fitness Bikini Overall title on the night.



In the Body Fitness under 1.63m division **Tyler** defeated **Tanya du Preez** (2nd) and **Christa Erasmus** (3rd). In the closely contested category of Body Fitness under 1.68m the athletic **Natascha Oosthuizen** came second against a seemingly unstoppable **Lani Butler** who also bagged the Body Fitness Overall title.

**Cianda Nel** delivered a strong performance on stage to make the Body Fitness over 1.68m title her own, defeating **Kerri Huntington** (2nd) and **Merryl Theunes** (3rd). **Tiana Flex** walked away with the Ladies Physique title.

The supportive crowd showed their appreciation for the hard work and effort that all the athletes who competed had invested in preparing for this year's Miss SA Xtreme. A big thanks goes out to the IFBB, athletes, sponsors and fans for making this event possible.

◀ **BEACH BIKINI U/23**  
Rose Smith

**RIGHT FROM THE START ROSE SMITH MADE HER PRESENCE KNOWN ON STAGE IN THE BEACH BIKINI UNDER 23 DIVISION.**



◀ **BEACH BIKINI**  
**0/35**  
Theresa Schoeman

**THE SUPPORTIVE CROWD SHOWED THEIR APPRECIATION FOR THE HARD WORK AND EFFORT THAT ALL THE ATHLETES WHO COMPETED HAD INVESTED IN PREPARING FOR THIS YEAR'S MISS SA XTREME.**

◀ **FITNESS BIKINI**  
**U/1.68M**  
Zea Meyer

**VENUE:** Heartfelt Arena, Pretoria, **DATE:** 18 July 2015

**BODY FITNESS U/1.68M**  
Lani Butler ▼



**LADIES PHYSIQUE**  
Tiana Flex ▼



**FITNESS BIKINI 0/35**  
Dalene Crosson ▼



**FITNESS BIKINI 0/1.68M**  
Wourine Brink ▼



▲ **FITNESS BIKINI**  
**U/1.63M**  
Cecile Swart

## RESULTS:

### BEACH BIKINI U/23

1. Rose Smith
2. Jessica Lovett
3. Tanya Snyman

### BEACH BIKINI U/35

1. Leana Viviers
2. Zinja Campher
3. Chandre Janse van Rensburg

### BEACH BIKINI 0/35

1. Theresa Schoeman

### BEACH BIKINI OVERALL

1. Leana Viviers

### FITNESS BIKINI U/1.63M

1. Cecile Swart
2. Bianca Gomez
3. Alrietta de Wet

### FITNESS BIKINI U/1.68M

1. Zea Meyer
2. Nedine Alberts
3. Lizelle Benade

### FITNESS BIKINI 0/1.68M

1. Wourine Brink
2. Inka van Ryn
3. Inra Eichorn

### FITNESS BIKINI 0/35

1. Dalene Crosson
2. Philna da Silva
3. Angela Howden

### FITNESS BIKINI OVERALL

1. Wourine Brink

### BODY FITNESS U/1.63M

1. Caryn Tyler
2. Tanya du Preez
3. Christa Erasmus

### BODY FITNESS U/1.68M

1. Lani Butler
2. Natascha Oosthuizen

### BODY FITNESS 0/1.68M

1. Cianda Nel
2. Kerri Huntington
3. Merry! Theunes

### BODY FITNESS OVERALL

1. Lani Butler

### LADIES PHYSIQUE

1. Tiana Flex



Results and spelling as supplied by event organisers. *fitness* magazine takes no responsibility for incorrect information or misspelt names.

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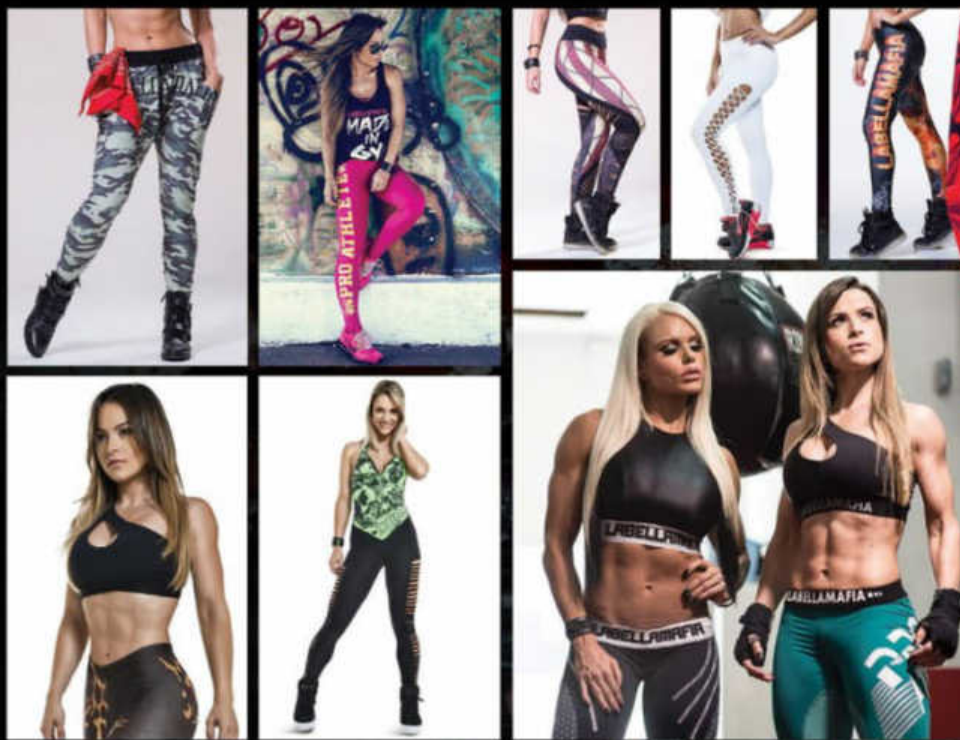






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